



MWR COMMUNICATIONS UPDATE



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Navy Region Southwest—RecYard Opening invitation

NSA Mid-South—Dinner Theater flyer

NAS Sigonella—February Preview newsletter

BOYS AND GIRLS CLUB OFFERS FREE MEMBERSHIP

This article may be localized and placed in your base paper. The ad can be reproduced and displayed at facilities on your base.

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WE'RE HEADED TO JACKSONVILLE!

The Marketing and Multimedia Development Branch is headed to Jacksonville, Fla., to facilitate a communications and marketing conference March 7-9, for field communicators from the Southeast, South and Gulf Coast regions.

Future conferences will be held for field communicators on the East Coast, in Europe and in Asia.

NAS Jax families enjoy tree lighting festivities

By Kaylee LaRocque
Staff Writer

Hundreds of active duty members, their families and friends spent Friday evening enjoying the 11th annual Christmas tree lighting ceremonies and festivities at Patriot's Grove. The NAS Jax Morale, Welfare and Recreation (MWR) Department sponsors the event each year.

As the anxious children excitedly waited for Santa Claus and his Merry Elves to arrive on the NAS Jax Fire Department's ladder truck, parents kept a vigilant watch on their young ones. "I plan to ask Santa for a Polly Pocket on Ice (a doll) for Christmas," remarked 4-year-old Kaitlyn Perrine, as she stood in line waiting for her turn to visit with Santa. Once Santa arrived and made the rounds greeting the crowd, the children and their parents lined up to spend a few quality moments telling him what they would like for Christmas and to have their pictures taken. Free photos, cameras and frames were provided by MWR.

Clowns provided entertainment, keeping children busy by creating balloon characters, performing magic tricks and painting young faces with holiday designs. Free donuts, cookies, hot chocolate and sodas were also provided.

"This is a really great event especially for the children. Santa is here and they have clowns making balloon characters and doing face painting. Plus, they provide free donuts, cookies and drinks. My kids love coming to this," said Kim Smith, who brought along her three children, Braden, Collin and Logan.

"I was deployed last year so I didn't get to come to this event. I really think MWR did a great job putting this all together and organizing everything. There is a lot more to this than I expected. My kids really love this, especially being able to see Santa Claus," added AT1(AW) Brian Bowins of VP-5.

Before the official program began, NAS Jax Chaplain (Lt.) Mylon Pope gave a short blessing. The event was then kicked off by Capt. Chip Dobson, NAS Jax commanding officer, who also presented several awards to the winners of the Christmas Card Contest, an event sponsored each year by MWR. To enter the contest, commands or departments must create an original holiday card on a piece of plywood. The most creative top three commands win money for their MWR funds. The cards are currently displayed along Yorktown Boulevard. Eleven commands participated in this year's contest.

Winning first place and a \$500 prize was Naval Waterfront Brig Jacksonville. Second place, with a prize of \$300 went to Naval Air Depot Jacksonville. A third place \$200 award was presented to the NAS Jax Environmental Division.

After an uplifting Christmas song by the children of the NAS Jacksonville Child Development Center, it was finally time for that special moment when the 15-foot Christmas tree would come alive. As Dobson signaled for all the area lights to be turned off, the countdown began. With the flip of a switch and cheers from the crowd, the tree glowed with a brilliant array of lights and decorations.

The Navy Band Southeast Wind Ensemble played a variety of traditional Christmas songs for the event. The Orange Park Junior High School Choir and Band also entertained the crowd with other holiday tunes.

A special thanks goes out to all the people behind the scenes including the NAS Jax Fire Department, Security, Aircraft Intermediate Maintenance Detachment Jax, Chapel, Facilities Department, Navy Exchange, Commissary and MWR who help make this annual event such a huge success.

“There are a lot of behind the scene things that go on to make this event such a huge success each year. Everyone working together makes this happen. What a better season than now to give and everyone involved in this is giving their time. It’s really a great event especially for the children,” said Community Activities Director Brett Tracy, who along with many helpers coordinated the MWR event.

“We are also on our fifth year with the Christmas Card Contest. The first year we only had 10 entries but we get more and more participation each year. It’s a great way for commands to win money, but what’s really fun is the competition between the different commands,” said Tracy.









Youth Activities Center hosts Military Family Appreciation Carnival

By Kaylee LaRocque
Staff Writer

The annual NAS Jacksonville Military Family Appreciation Carnival proved extremely successful Saturday as hundreds of military family members stopped by to enjoy the entertainment, large inflatable rides, free sno-cones and lots of give-a-ways. The event is sponsored each year by the Morale, Welfare and Recreation (MWR) Department's Youth Activities Center (YAC) as a special way to say thanks to the military community.

"We hold this carnival each year in recognition of Military Family Appreciation Month. We like to do something special for our military families to thank them for doing what they do every day. This is a fun event and a way to let our military families spend some quality time together," explained YAC Director Megan Elliot. "We've added quite a few different activities this year, so hopefully everyone is having a great time."

Some of those new activities included a magic show by Mr. G's Magic and Costumes, a Tae Kwon Do demonstration and a special appearance from Jacksonville Jaguars Mascot Jaxson de Ville, who entertained everyone with his antics. Not only did he sign autographs for the children, but he also participated in the karate demonstration, raced around on his scooter and mini-motorcycle and entertained the children on the bouncy rides.

The children also enjoyed getting free balloon characters and face paintings courtesy of the NAS Jax Fleet and Family Support Center, free visors from VyStar Credit Union, goodies from Chick-Fil-A, candy and coffee mugs from MWR's Marketing Department and fishing for prizes at the Child Development Center's booth.

"We came out here today to have some fun and wear the kids out. We come to all these events. The weather is beautiful and the kids are having a blast – that's what counts," said ASC(AW/SW) Chris Viano of Aircraft Intermediate Maintenance Detachment Jacksonville, who brought along his daughter, Olivia.

"There are a lot of fun things to do at this carnival – games, the bouncy rides and free sno-cones. I really like the Human Velcro Fly exhibit because it's fun being stuck up on the wall. This year is much better than last year because there is so much more to do," added 12-year-old Cory Fletcher, who says he's been to several of these events.

The next celebration for military children will be in April to recognize the Month of the Military Child.













Ladies and Gentlemen, Lets get ready to rumble!

NAS Lemoore's MWR and the Tachi Palace Hotel and Casino team up to present a free "Salute to the Troops - Military Only - Live Fight Night" in Lemoore on December 15th, 2005.

The event was a combination of talents between the MWR Department, the local Tachi Hotel and Casino and boxing promoters, Goossen Tutor Promotions. Planning took several weeks to work out the details and put together this special event as an early Christmas present to the troops at NAS Lemoore.



The event actually started the day before when **James "Lights Out" Toney, the current IBA World Heavy Weigh Boxing Champion** and 2003 Fighter Of The Year, came to the MWR Gym for a "Meet & Greet" with the Sailors and Marines. Toney was invited to NAS Lemoore to promote the "Salute to the Troops - Live Fight Night" organized by the MWR Department, and Tachi Palace Hotel & Casino along with Goossen Tutor Promotions. His appearance at the base drew a large crowd of boxing enthusiasts that were all rewarded with autographed pictures, T-Shirts and tickets to the "Salute to the Troops - Live Fight Night" at the Palace.

Through targeted marketing over 1200 tickets were given out, over a 3 day promotional blitz to the Sailors and Marines at NAS Lemoore.



On Fight night, it was a full house of over 1,100 Lemoore Sailors and Marines! All were treated like VIP's with the best seats, videos and banners saying thank you for all they do to protect the country, patriotic music, a flag salute demo by local military groups, and a free dinner! And if that was not enough, for the personnel that didn't have transportation, 4 event tour buses were provided for free shuttles to and from the event. All designed to tell them, they are appreciated.

The 7 scheduled fights featured professional boxing at it's best with several former title holders as well as up and coming hopefuls all viding for higher ranking in the sport. Also several current world title holders were on hand to sign autographs and ham it up with the Lemoore Sailors & Marines.

From the cheering from the crowd to the comments after the event everyone had a fantastic time.

Thanks and Have a Happy Holiday,

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Great Lakes MWR Receives Prestigious Award at NRPA Congress

By Robin Hillyer Miles, Navy MWR Marketing

MILLINGTON, Tenn. – The Morale, Welfare and Recreation (MWR) department at Naval Station (NS) Great Lakes, Ill., received the 2005 Dorothy Mullen Arts and Humanities Award from the National Recreation and Parks Association (NRPA) during an awards ceremony Oct. 19, 2005, in San Antonio. NS Great Lakes was honored for its 2004 Holiday Card Challenge at the NRPA Congress.

“Participants constructed life-sized holiday cards to display their unit’s spirit and compete for recognition and prizes,” said Jerry Hieb, MWR director at NS Great Lakes.

Many of the cards reflected patriotic themes and included messages of peace and hope. After the competition, the cards were illuminated on the base’s historic Ross Field and became an important part of the base’s overall holiday décor, he added.

Named after recreation and parks pioneer Dorothy Mullen, the award honors the most innovative and effective arts and humanities programs across the United States, and seeks to inspire others who may consider developing similar projects. The awards are based on the size of the population served by the program and are judged on the basis of content, innovation, contribution to the community, and the expansion of interest in the arts and humanities.

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Photo caption: Jerry Hieb, director, Navy Morale, Welfare and Recreation, Naval Station (NS) Great Lakes, and John Prue, sponsorship manager, NS Great Lakes, accept the 2005 Dorothy Mullen Arts and Humanities Award.

Photo credit: Randy Sells

GITMO receives star on Hollywood's Walk of Fame

A Hollywood Walk of Fame star was issued to United States Naval Base Guantanamo Bay's Morale, Welfare and Recreation (MWR) department for its continued support of the entertainment industry by providing live entertainment to Sailors and Troops.

The star was presented to MWR by the legendary Mr. Johnny Grant, the Honorary Mayor of Hollywood.

Mr. Grant is the founder of the Hollywood Walk of Fame and is well known in Hollywood. Mr. Grant paid a huge compliment and honor to the base by presenting the very first Hollywood star to a United States Military Base and Organization.

Mr. Grant, 83, traveled around the base and at each stop talked with military personnel, shook their hands, cracked a joke and told them "thank you" for the job that they were doing.



Shown is a replica of the star that was placed on the walk of fame being presented to the Commanding Officer of USNB Guantanamo Bay. Pictured (l to r) Captain Leary, Craig Basel, Erin McNamara, Mr. Grant and MG Hood.



The Source for Navy News

www.news.navy.mil

Master Chiefs Take Holiday Cheer to Horn of Africa

Story Number: NNS060103-01

1/3/2006

By Photographer's Mate 2nd Class LaTunya Howard, Commander, U.S. Naval Forces Central Command/
Commander, U.S. 5th Fleet Public Affairs

CAMP LEMONIER, Djibouti (NNS) -- Fleet Master Chief William Nissen, U.S. Strategic Command, CNO-Directed Command Master Chief Kelly Schneider, U.S. 5th Fleet and Command Master Chief Billy Cronin, 5th Fleet Det Kuwait traveled to Camp Lemonier, Djibouti, Africa, to participate in the "Holiday Boxes for Troops" program Dec. 18-19.

The program delivers holiday cheer in the form of gift boxes for Sailors and Marines.

"The purpose of this visit is to say thanks to the men and women serving in the Horn of Africa," said Nissen. "These guys probably don't hear thanks enough."

Volunteers from Naval Support Activity (NSA) Bahrain spent an entire day assembling 4,000 individual holiday boxes that were sent to 14 locations throughout 5th Fleet. The holiday boxes included a 60-minute global phone card, stationary packs, bug repellent and poker cards and chips. Lou Kehrli, NSA Bahrain Morale, Welfare and Recreation representative, also presented the Sailors from Camp Lemonier with 100 Weber grills and tool sets for each.

"This program has grown each year. The gift boxes increased from 2,500 boxes just last year," said Kehrli.

During an all hands call, Sailors and Marines listened as each master chief expressed appreciation for the work the joint forces do to accomplish the mission.

"Do you know how the jobs that you're doing impacts the war on terror," asked Nissen. "Sailors at sea can't see it and don't know the work you're doing and the impact it has. That's why we are here, to take that information back and to tell you thanks for being here," said Nissen.

The all hands call ended with the master chief's volunteering a few Sailors to join them in singing Christmas carols.

"This tour is great," said Religious Program Specialist 3rd Class Melanie Burns, who has been stationed at Camp Lemonier since April. Burns, a chaplain's assistant, works at the base chapel in Camp Lemonier visiting local orphanages delivering humanitarian aid. "The morale is good, and my job is very rewarding. Just knowing that a little something like giving clothes, food, medicine, [as donated to local orphanages] can make such a difference in the lives of an adult or child is so rewarding."

Camp Lemonier is a location for joint forces operating in the Horn of Africa. Combined Joint Task Force-Horn of Africa (CJTF-HOA) moved its headquarters from the flagship USS Mount Whitney into the facilities at Camp Lemonier in May 2003. Camp Lemonier presently serves as CJTF-HOA's expeditionary headquarters.

CJTF-HOA's mission is primarily detecting, disrupting and ultimately defeating transnational terrorist activity in the region.

For related news, visit the Commander, U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet Navy NewsStand page at www.news.navy.mil/local/cusnc/.



The Source for Navy News

www.news.navy.mil

Navy MWR , Sponsors Send Gift Packages to Sailors and Marines

Story Number: NNS051214-09

12/14/2005

From Navy MWR Marketing, Commander, Navy Installations Command, Millington Det.

MILLINGTON, Tenn (NNS) -- Navy Morale, Welfare and Recreation (MWR) has teamed up with several corporate sponsors to provide gift packages to forward-deployed Sailors and Marines in the U.S. 5th Fleet area of responsibility.

More than 4,000 packages have been assembled by MWR volunteers in Bahrain and will be hand-delivered to Sailors and Marines before Christmas.

"This is the fourth year that MWR has spearheaded this effort through the Navy's commercial sponsorship program, and each year additional sponsors join our team to help bring some Christmas cheer to our Sailors and Marines who are far from home," said Bill Winters, head, Navywide Commercial Sponsorship program. "We are thankful for their support in helping to improve the quality of life for our men and women in uniform."

The gift packages include products such as Pepsi's Mountain Dew Amp, Tropicana Orange drink, Doritos on the Go, and Gatorade drink mix; BBQ Beef jerky by Oh Boy! Oberto; PaperMate Silhouette ball point pens provided by Watt/Spohn Universal; towelettes and lip balm from Smartshield; Bicycle playing cards and poker chips; Louis L'Amour western novels from Bantam Dell Publishing Group; and 60-minute prepaid phone cards from the Veterans of Foreign Wars (VFW) and Ladies Auxiliary VFW. Each gift package is different, as additional products from local sponsors were secured at the installation level through the Navy's commercial sponsorship program.

"This year, we're also pleased that several sponsors stepped forward to provide grills, grill tools, BBQ sauces and seasonings, and charcoal to Navy and Marine Corps units in Southwest Asia," added Winters. "These grill sets can be used to hold holiday parties or other events, and we hope they will bring a little bit of America to Sailors and Marines."

Some of the items in the grill sets include tabletop grills from Webber; BBQ cookbooks from Pig Out Publications; Jack Daniel's wood chips from BBQ'r's Delight; grill tool sets from Charbroil; charcoal from Cowboy Charcoal; and meat seasonings and beverage koozies from Big Green Egg.

According to Winters, this is the second year that sponsors such as Diverstech, which supplied snacks, candy, games and many other items, have provided unit gifts for troops serving in Southwest Asia.

Commercial sponsorship is an authorized way for Navy MWR activities to offset the cost of programs and services. Sponsorship is received in the form of in-kind services and financial support in exchange for public recognition, advertising consideration, and/or product promotion at MWR events.

For related news, visit the Navy Morale, Welfare and Recreation Navy NewsStand page at www.news.navy.mil/local/navymwr/.



MWR Holiday Party Delights Children

Story Number: NNS051206-02

12/6/2005

By Journalist 2nd Class Susan Van Veen, Fleet Public Affairs Center Pacific

SAN DIEGO (NNS) -- More than 1,000 children of active-duty service members stationed in San Diego were treated to snow and pictures on Santa's lap Dec. 3 at the 15th Annual Children's Holiday Party.

The festivities, held at the Adm. Robinson Recreation Center, were hosted by Morale, Welfare and Recreation (MWR), and featured complimentary bowling, arcade games, face painting, arts and crafts, and balloon sculptures.

Snowmaking machines provided 21 tons of snow, perfect for making snowmen and snowballs.

"This is one of my favorite times of the year because we can accommodate hundreds of children and let them use the services for free," said Ron Vogel, MWR Naval Station San Diego metro lead site manager. "They have a great time and have big smiles on their faces."

Chief Operations Specialist James Holston from Fleet Anti-Submarine Warfare Training Center brought his seven-year-old nephew, Joshua Rosas, to experience the snow. "Snowballs are the most fun," said Rosas.

After telling Santa what they wanted for Christmas, the children were given their photos with Santa and Christmas stockings stuffed with goodies.

"I look forward to taking time from my busy Christmas schedule every year to help the military children. The men and women serving our country are doing a great job," said Santa Claus, the holiday party's special guest.

More than 100 volunteers, including more than 50 Sailors from Naval School of Health Sciences and Naval Medical Center, gave their time to make the event possible.

Two-time volunteer Hospital Corpsman 2nd Class (FMF) Jose Acosta, stationed at the Naval Medical Center, helped at the arts and crafts tables where children of all ages made holiday cards, ornaments and gift-wrap.

"It's great to be here helping kids," Acosta said. "They're all laughing and having fun with their arts and crafts, and I have fun with them."

For more news from around the fleet, visit www.navy.mil.



Wednesday, January 25, 2006

MWR fitness center at Sasebo shaping up

New building among improvements planned for 2006

By [Greg Tyler](#), Stars and Stripes

Pacific edition, Wednesday, January 11, 2006

SASEBO NAVAL BASE, Japan — The opening of a new, \$19 million Fleet Fitness Center is among several facility improvements and service enhancements that Morale, Welfare and Recreation has planned here for 2006.

Others include renovating the Hario Housing Village Fitness Center, adding a new preteen/teen center on the Hario Community Center's second floor, creating a quiet research/reading room in the library, expanding free wireless Internet connectivity at MWR facilities and enhancing the program to train and certify home after-hours child-care providers.



Greg Tyler / S&S

A new Fleet Fitness Center is being built at Sasebo Naval Base by the Japanese government. The \$19 million facility should be complete by June 30, officials said.

"In the last couple of years we have focused a great deal on quality of life ... something that's been emphasized across the Navy," said Daniel Carey, MWR financial director in Sasebo.

He said it was too early in the year to estimate the cost of the upcoming projects.

The new, three-story Fleet Fitness Center, being built beside the India Basin by the Japanese government, will have about 80,000 square feet of floor space, Fukuoka Defense Facilities Administration Bureau officials said.

Construction should be complete by June 30, DFAB officials said. Once the

center is turned over to MWR, the staff will begin installing equipment and furnishings with an eye on opening in the fall.

The center's first floor will include three basketball courts, a free-weight room, a cardiovascular training room, an aerobics room and two racquetball courts. An indoor 25-meter pool will be on the second floor, Carey said, and the third will house the single sailor center Liberty, which will double in size from its present location.

In an interview Wednesday, Carey and Allison Foo, MWR marketing director, outlined some of MWR's other planned projects:

- Hario Fitness Center's "major facelift" includes repainting and wallpapering, adding drop ceilings in several workout areas, installing rubberized flooring and upgrading various equipment.
- The preteen/teen center will include a "complete computer laboratory" and "give them twice the space they have now," Foo said.
- The library's new quiet research/reading room will be located near the existing computer lab and children's reading room along the far wall next to the magazine and periodical lounge.
- Planning is under way to establish more incentives for potential after-hours home child-care providers in addition to the training and certification already offered. "We've seen the need ... for our dual active-duty families," Foo said.
- During 2005, MWR installed free wireless Internet access at the Harbor View Club's Puck's Café and on the second floor of Galaxies Club. In 2006, Carey said, free wireless access will be installed in several other MWR facilities.

Several major projects were completed in 2005 including:

- Renovating Showboat Theater.
- Transforming the all-ranks Tavern in the Harbor View Club into the Harley-Davidson-themed HOG Heaven.
- Adding new fitness/cardio equipment at fitness centers.
- Installing a new running track at Nimitz Park.
- Adding new lighting at Nimitz and the Hario ball fields, and new sod at the Hario fields.
- Building a new paintball range at Sakibe.

"We might be perceived as just a small base, but we try to provide everything we can here that might be available at locations in the States or up in Tokyo,"

Foo said.

Stars and Stripes reporter Chiyomi Sumida contributed to this report.

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Yokosuka to open 'nicest military gym in the world'

Facility boasting a 'private club' atmosphere to open in early 2006

By [Allison Batdorff](#), Stars and Stripes

Pacific edition, Tuesday, December 27, 2005

YOKOSUKA NAVAL BASE, Japan — Walk through the doors of Yokosuka Naval Base's new gym, and you wouldn't know you were in a military building.

Couches — still with the plastic on — line the walls. Green plants cozy up next to them. Floors are carpeted, not tiled. Tons of comfortable cubby holes invite reading, resting, just hanging out.

"What makes this facility unique is the 'private club' atmosphere," Morale Welfare and Recreation Athletic Director Kyle Rhodus said. "This is not your typical military fitness facility. You would have to visit it yourself to understand."

People soon will get that opportunity after a yearlong delay in the opening. While the new gym has yet to be named or a concrete date set, Rhodus estimates doors will be unlocked in early 2006, likely January or February. Construction began about 2½ years ago, he said.

"We have experienced a few minor construction issues that can be expected with any project of this size," Rhodus said. "When the facility opens to the public it will be a fully functional fitness center" — not to mention the "nicest military gym in the world."

A recent tour brought the word "swanky" to mind, from the locker room saunas to the high dive into the Seahawk Natatorium's 50-meter pool.

The aerobics and martial arts room has mounted flat-screen television and premium sound systems, so a person can slide in a DVD and get to work without needing a teacher. The gym houses two full-sized basketball courts, three racquetball courts, a multipurpose room and an entire room dedicated to abdominal work and stretching. At the gear issue counter, one can find items needed for a workout; lockers can be rented by the day or month.

The cardiovascular room has stair climbers, treadmills, stationary bikes and elliptical machines, many with their own LCD screens. Or exercisers can listen to a choice of nine channels playing on large screen televisions.

MWR planners spent three years researching to get the "best equipment money can buy," Rhodus said.

The U.S. Government bought the equipment, but the Government of Japan designed the project and built the gym — part of the Japan Facility Improvement Program, which both governments coordinate.

It was built to replace Thew Gym, its next-door neighbor, which turned 50 last year.

Yokosuka also houses the Fleet Recreational Center, which is more geared to shipboard sailors, Rhodus said.

Anyone with a military ID card can use the new gym when it opens. And except for recreational swim times at the Natatorium, it's free.

"This will be a first-class fitness facility, with state-of-the-art fitness equipment and programming," Rhodus said. "Not only are we quadrupling the amount of fitness workout space, the addition of the indoor 50-meter swimming pool will allow us to offer unique training and recreational opportunities that we could not before."



The Source for Navy News

www.news.navy.mil

Comics Bring Laughter to USS Cleveland Sailors

Story Number: NNS051228-03

12/28/2005

By Journalist 3rd Class Nathaniel Bates, Expeditionary Strike Group 1 Public Affairs

ABOARD USS CLEVELAND, At sea in the Persian Gulf (NNS) -- Three headliner comics visited USS Cleveland (LPD 7) Dec. 27 and performed a comedy show on the ship's mess decks as a holiday morale boost for the crew.

The show, sponsored by Navy Morale, Welfare and Recreation (MWR), was a huge hit for Cleveland's Sailors, with each comedian's performance greeted with enthusiastic applause.

"This is honestly one of the best crowds I've ever performed in front of," said Pete Lee, an up-and-coming New York City comic who has appeared on Comedy Central's popular show, "Premium Blend." "It's different performing here than a comedy club. Most clubs they have to pay \$20 to get in, but these guys earned it. They appreciated the show; it was amazing."

Lee and fellow comedians Steve Burr and Scott Henry are part of the Comics on Duty World Tour, a group of professional jokesters who visit ships and military bases around the globe to bring laughter and joy to the lives of service men and women.

According to Henry, the show's headliner, Comics on Duty has been running for almost a decade and he and his fellow entertainers have performed hundreds of shows for forward-deployed troops in such places as Iraq, Kuwait and Afghanistan.

"We try to go to all the places where people don't usually go, like forward operating bases, things like that. We like to go where people really, really need it," Henry said.

On this holiday tour to the 5th Fleet, the three comics performed shows on the Khawr Al Amaya (KAAOT) and Al Basrah (ABOT) oil terminals, did a Christmas Eve program for the Sailors and Marines of USS Tarawa (LHA 1), performed on Christmas for troops in Bahrain, and upon leaving Cleveland visited USS Nassau (LHA 4) for their final show before returning to comedy clubs in the U.S.

Cleveland Sailors, who are on a seven-month deployment to the 5th Fleet area of operations, appreciated the show.

"It was good entertainment," said Information Systems Technician 2nd Class (SW) Simon McConomy. "Everyone was laughing, and we had a great time. It was a good morale boost for the crew."

"They make good money doing what they do," said Hull Technician 3rd Class John Shearer. "I'd pay to go see them, but seeing them here for free is a whole lot better."

Cleveland is assigned to Expeditionary Strike Group (ESG) 1. ESG-1 is on a regularly scheduled deployment to the U.S. 5th Fleet area of operations, conducting maritime security operations (MSO). MSO set the conditions for security and stability in the maritime environment, as well as deny international terrorists use of the oceans as a venue for attack or to transport personnel, weapons or other material.

For related news, visit the Expeditionary Strike Group 1 Navy NewsStand page at www.news.navy.mil/local/esg1/.

MWR THIS WEEK

JANUARY 20, 2006 • NAF ATSUGI • JAPAN



TOURS

LIBERTY EVENTS

MOVIE SCHEDULE

Correction: NFL Conference Championship Games will be shown at Club Trilogy Monday, Jan 23.

Bringing the Shows to You
Learn how MWR brings entertainment to you.

[More](#)

Youth of the Year

Keep an Atsugi tradition alive. Learn how your teen can become the fourth consecutive Navy Asia Youth of the Year, or possibly the National winner. [More](#)

Navy MWR Internships

Navy Intern program seeks qualified applicants. [More](#)

Japan-

Just the Interesting Facts

Things that make you go hmmm... [Go There](#)



**Club Trilogy
Parking Lot**
Sat, Jan 28
11 a.m.-2 p.m.
264-3736



NFL
Conference
Championships
Mon, Jan 23
5 a.m. • Club Trilogy
264-3736



**Buddy
Golf**
Sat, Jan 28
& every Tuesday
264-3779



**POOL
TOURNEY**
Sun, Jan 29
7:30 p.m. • Corner Pocket
All Hands • Adults Only



**Captain's Cup
Racquetball**
Rosters due:
Fri, Jan 27
Meeting:
Tue, Jan 31
264-3560

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chocolate chip

Valentine's Day Cookies

Sweet!



Delivered anywhere
on Base—only \$10
{per order}

Let MWR deliver a **nine-inch gourmet cookie package** to your loved one or friend this Valentine's Day.

Deliveries will be made 14 February, and you can order through 7 February.

To place an order, visit CBC Fitness Center or the MWR admin building (352). Questions? Call 871-2538.

Prefer a to-go order?

Cookies will be available for pick up 14 February at CBC Fitness Center.

The Buzz

27 & 28 FEB	NEW!—Mardi Gras Camp 0600-1730, Youth Activities Center, 871-2251 Please call for more details and prices.
All Youth Events to be Free in February	The Boys & Girls Club of Gulfport Navy Youth Center has been awarded \$12,000 to assist with the rebuilding process following Hurricane Katrina. Grant money will be used to purchase youth supplies and equipment, provide School-Age Care scholarships to families in need, and host Super Saturday field trips and special events. As a special bonus, all youth special events and field trips will be free in February. The Hurricane Relief Fund was made possible through contributions from 142 Boys & Girls Clubs across the country.
Iddy Biddy Baseball	Register your 3 or 4 year old anytime in February for the Youth Activities Center's Iddy Biddy Baseball season. Children will need to be 3 on or before 1 March. The fee, which is \$30, includes a uniform, medal and end-of season banquet. For more information, call 871-2251.
Fitness Specials	Bowlers Wanted Want to participate in a local league? Call Jerry at 871-2668, or sign up at CBC Fitness Center. Expanded Hours at CBC Fitness Center, 871-2668 <ul style="list-style-type: none"> Monday-Friday: 0430-2000 Saturday and Sunday: 0900-1700 Holidays: 0900-1700
Theater To- Go Orders	Smith Memorial Theater serves lunch from 1100 to 1330 every Monday through Friday along with a free movie. Menu items include pizza, burger dogs, nachos and more. Be sure to ask about the theater's new to-go menu items!
Monday 23 JAN	Free Movies Smith Memorial Theater, 871-2468 <ul style="list-style-type: none"> Lunch movie, 1130 The Constant Gardner (R), 1900 Aerobics Schedule CBC Fitness Center, 871-2668 <ul style="list-style-type: none"> Body sculpting (Teresa), 1100 Abs/push-up class (Kathy), 1630
Tuesday 24 JAN	Free Movies Smith Memorial Theater, 871-2468 <ul style="list-style-type: none"> Lunch movie, 1130 Elizabethtown (PG-13), 1830 Aerobics Schedule CBC Fitness Center, 871-2668 <ul style="list-style-type: none"> Total body challenge (Sheila), 0900 Ab attack (Xavier, Sheila), 1100 Step (Jennifer), 1730

	<p>Blues Be Gone 1100, Free, Liberty Program, 323-2681. Chase away those winter blues with games and activities in the recreation center.</p> <p>Jammin' Jeopardy Night 1730-2030, Free, Youth Activities Center, 871-2251</p>
<p>Wednesday 25 JAN</p>	<p>Free Movies Smith Memorial Theater, 871-2468</p> <ul style="list-style-type: none"> ▪ Lunch movie, 1130 ▪ Into the Blue (PG), 1830 <p>Aerobics Schedule CBC Fitness Center, 871-2668</p> <ul style="list-style-type: none"> ▪ Body sculpting (Teresa), 1100 ▪ Abs/push-up class (Kathy), 1630 <p>Board Games and More 1730-2030, Free, Youth Activities Center, 871-2251</p> <p>Indoor Polar Bear Dip 1100, Free, Liberty Program, 323-2681</p>
<p>Thursday 26 JAN</p>	<p>Free Movies Smith Memorial Theater, 871-2468</p> <ul style="list-style-type: none"> ▪ Lunch movie, 1130 ▪ The Great Raid (R), 1830 <p>Aerobics Schedule CBC Fitness Center, 871-2668</p> <ul style="list-style-type: none"> ▪ Total body challenge (Sheila), 0900 ▪ Ab attack (Xavier, Sheila), 1100 ▪ Body sculpting (Teresa), 1730 <p>Celebrate the Chinese New Year 1730-2030, Free, Youth Activities Center, 871-2251</p> <p>Pool Tournament 1800, Free, Liberty Program, 323-2681</p>
<p>Friday 27 JAN</p>	<p>Free Movies Smith Memorial Theater, 871-2468</p> <ul style="list-style-type: none"> ▪ Lunch movie, 1130 ▪ Lord of War (R), 1830 ▪ A History of Violence (R), 2045 <p>Movie Night 1800-2100, \$1, Youth Activities Center, 871-2251</p> <p>Dinner and a Movie 1800, Free, Liberty Program, 323-2681</p>
<p>Saturday 28 JAN</p>	<p>Free Movies Smith Memorial Theater, 871-2468</p>

	<ul style="list-style-type: none"> ▪ Legend of Zorro (PG), 1200 ▪ The Corpse Bride (PG), 1430 ▪ The Man (PG-13), 1645 ▪ The Constant Gardner (R), 1900 <p>Mobile Exploreum 0800-1700, \$5, Youth Activities Center, 871-2251</p> <p>Museum of Naval Aviation 0900, \$12 <includes IMAX and lunch>, Liberty Program at Pensacola, 323-2681</p>
Sunday 29 JAN	<p>Free Movies Smith Memorial Theater, 871-2468</p> <ul style="list-style-type: none"> ▪ Wallace and Grommit (G), 1400 ▪ In Her Shoes (PG-13), 1615 ▪ The Fog (PG-13), 1830
Monday 30 JAN	<p>Aerobics Schedule CBC Fitness Center, 871-2668</p> <ul style="list-style-type: none"> ▪ Body sculpting (Teresa), 1100 ▪ Abs/push-up class (Kathy), 1630
Tuesday 31 JAN	<p>Aerobics Schedule CBC Fitness Center, 871-2668</p> <ul style="list-style-type: none"> ▪ Total body challenge (Sheila), 0900 ▪ Ab attack (Xavier, Sheila), 1100 ▪ Step (Jennifer), 1730 <p>Blues Be Gone 1100, Free, Liberty Program, 323-2681. Chase away those winter blues with games and activities in the recreation center.</p>
Wednesday 1 FEB	<p>Free Movies Smith Memorial Theater, 871-2468</p> <ul style="list-style-type: none"> ▪ Lunch movie, 1130 ▪ Serenity (PG-13), 1830 <p>Aerobics Schedule CBC Fitness Center, 871-2668</p> <ul style="list-style-type: none"> ▪ Body sculpting (Teresa), 1100 ▪ Abs/push-up class (Kathy), 1630 <p>Bubble Gum Day 1200, Free, Liberty Program at Stinger's Recreation Center, 323-2681; bubble-blowing contests, free gum and more</p> <p>Celebrate Black History Month 1730-2030, Free, Youth Activities Center, 871-2251</p>
Thursday 2 FEB	<p>Free Movies Smith Memorial Theater, 871-2468</p> <ul style="list-style-type: none"> ▪ Lunch movie, 1130 ▪ Rent (PG-13), 1830 <p>Aerobics Schedule</p>

	<p>CBC Fitness Center, 871-2668</p> <ul style="list-style-type: none"> ▪ Total body challenge (Sheila), 0900 ▪ Ab attack (Xavier, Sheila), 1100 ▪ Body sculpting (Teresa), 1730 <p>Job Shadow Day 1730-2030, Free, Youth Activities Center, 871-2251. Be a counselor for a night!</p> <p>Pool Tournament 1800, Free, Liberty Program at Stinger's Recreation Center, 323-2681</p>
<p>Friday 3 FEB</p>	<p>Free Movies Smith Memorial Theater, 871-2468</p> <ul style="list-style-type: none"> ▪ Lunch movie, 1130 ▪ Waiting (R), 1830 ▪ Domino (R), 2030 <p>Hula in da' Coola' Lunchtime, Free, Liberty Program at Stinger's Recreation Center, 323-2681. Liberty is warming up, because winter is half over. Come check out our summer fun.</p> <p>Movie Night on the Big Screen 1800-2100, Free, Youth Activities Center, 871-2251; limited to 30</p>
<p>Saturday 4 FEB</p>	<p>Foley, Ala., Trip 0900, \$3; this Liberty trip includes stops at a flea market, Tanger Outlet Mall and Lambert's, home of the "thrown" roll; 323-2681</p> <p>WOW!—Seabee Winter Carnival 0900-1300, Seabee Lake, 871-2538 This fun-filled, family event is open to all military personnel and their families. There'll be food and games, and many items will be free. Hosted by USO, Seabee Family Support Groups and MWR</p> <p>Youth Orientation 0930, Free, CBC Fitness Center, call 871-2668 to sign up. This 30-minute program is for all youth 10 to 15 years old wanting to visit the fitness center; a parent also will need to attend.</p> <p>Fun Factory Trip 1000-1600, Free, Youth Activities Center, 871-2251; limited to 30</p> <p>Free Movies Smith Memorial Theater, 871-2468</p> <ul style="list-style-type: none"> ▪ Dreamer (PG), 1230 ▪ Prime (PG-13), 1430 ▪ Walk the Line (PG-13), 1630 ▪ North Country (R), 1900
<p>Sunday 5 FEB</p>	<p>Free Movies Smith Memorial Theater, 871-2468</p> <ul style="list-style-type: none"> ▪ Zathura (PG), 1300 ▪ Greatest Game Ever Played (PG), 1500 ▪ Doom (R), 1700 ▪ Super Bowl XL, 1900 <p>Super Bowl Party 1500, Free, Liberty Program at Stinger's Recreation Center, 323-2681. Come enjoy lots of food,</p>

	activities, trivia and prizes.
Monday 6 FEB	<p>Last Day to Order Valentine's Cookies Have a nine-inch gourmet cookie delivered to your loved one or friend this 14 February. MWR can deliver anywhere on base for only \$10. Call 871-2538 for more details.</p> <p>Free Movies Smith Memorial Theater, 871-2468</p> <ul style="list-style-type: none"> ▪ Lunch movie, 1130 ▪ Doom (R), 1830 <p>Sign Ups Begin for Softball Clinic CBC Fitness Center, 871-2668 Prepare for the upcoming softball season ... come join the fitness staff for agility drills plus cardiovascular and flexibility training every Tuesday and Thursday at 1600 for an intense 45 minutes of training. You can come once or twice a week—it's your choice. The clinic will begin 21 February.</p>
Tuesday 7 FEB	<p>Free Movies Smith Memorial Theater, 871-2468</p> <ul style="list-style-type: none"> ▪ Lunch movie, 1130 ▪ Rent (PG-13), 1800 <p>Teen Only Keystone Club Meeting 1730-2030, Free, Youth Activities Center, 871-2251; free pizza</p> <p>Table Hockey Tournament 1800, Free, Liberty Program at Stinger's Recreation Center, 323-2681</p>
Wednesday 8 FEB	<p>Free Movies Smith Memorial Theater, 871-2468</p> <ul style="list-style-type: none"> ▪ Lunch movie, 1130 ▪ Prime (PG-13), 1830 <p>Disturbed with Blood Simple 1700, \$32, Liberty Program at Pensacola Civic Center, 323-2681</p> <p>Cupid Crafts and Games 1730-2030, Free, Youth Activities Center, 871-2251</p>
Thursday 9 FEB	<p>Second Measurement for the Morphin' Bee Contest CBC Fitness Center, 871-2668 Make your appointment with one of our fitness staff. Keep the logs going, and don't give up just because the New Year's hype is gone! Spring is just around the corner.</p> <p>Ambuzzadors Meeting 1030, MWR at Fleet & Family Support Center, 323-3401</p> <p>Free Movies Smith Memorial Theater, 871-2468</p> <ul style="list-style-type: none"> ▪ Lunch movie, 1130 ▪ Domino (R), 1830 <p>Bicycle Safety Night 1730-2030, Free, Youth Activities Center, 871-2251. One lucky person will win a free bike!</p>

	Pool Tournament 1800, Free, Liberty Program at Stinger's Recreation Center, 323-2681
Friday 10 FEB	WOW!—Last Day to Sign Up for the Memphis Holiday Weekend: Including a trip to Graceland and a Toby Keith concert \$225 for AD and \$250 for all others <includes transportation, entrance fees and a double-occupancy hotel stay>, Liberty Program, 323-2681; departure date: 17 February, return date: 20 February Free Movies Smith Memorial Theater, 871-2468 <ul style="list-style-type: none"> ▪ Lunch movie, 1130 ▪ Waiting (R), 1830 ▪ Two for the Money (R), 2030 Anti-Valentine's Day Party 1800, Free, Liberty Program at Stinger's Recreation Center, 323-2681 Valentine Dance 1800-2100, Youth Activities Center, 871-2251. Live DJ plus free pizza and beverages for the first 30.
Saturday 11 FEB	Horseback Riding 0900, \$40 for AD and \$50 for all others, Liberty Program at High Hill Stables, 323-2681 Golden Gate Skate Park 1200-1800, Free, Youth Activities Center, 871-2251; limited to 30 Free Movies Smith Memorial Theater, 871-2468 <ul style="list-style-type: none"> ▪ Yours, Mine & Ours (PG), 1230 ▪ Serenity (PG-13), 1430 ▪ Zathura (PG), 1700 ▪ Domino (R), 1900
Sunday 12 FEB	Free Movies Smith Memorial Theater, 871-2468 <ul style="list-style-type: none"> ▪ Dreamer (PG), 1300 ▪ Greatest Game Ever Played (PG), 1500 ▪ Walk the Line (PG-13), 1930
Monday 13 FEB	Free Movies Smith Memorial Theater, 871-2468 <ul style="list-style-type: none"> ▪ Lunch movie, 1130 ▪ Two for the Money (R), 1830
Tuesday 14 FEB	WOW!—Valentine's Cookies Delivered Order by 6 February and have a nine-inch gourmet cookie delivered to your loved one or friend this Valentine's Day. MWR can deliver anywhere on base for only \$10. Call 871-2538 for more details. Free Movies Smith Memorial Theater, 871-2468 <ul style="list-style-type: none"> ▪ Lunch movie, 1130 ▪ Walk the Line (PG-13), 1830 Valentine Cupcake Baking 1730-2030, Free, Youth Activities Center, 871-2251

	<p>Single on Valentine's Day Let Liberty take you to dinner, 1800, \$1, 323-2681</p>
<p>Wednesday 15 FEB</p>	<p>5K Heart Run 0630, CBC Fitness Center, 871-2668; sponsored by The Home Depot</p> <p>Free Movies Smith Memorial Theater, 871-2468</p> <ul style="list-style-type: none"> ▪ Lunch movie, 1130 ▪ Waiting (R), 1830 <p>Mid-week Movie Madness 1700, \$10, Liberty Program, 323-2681; includes dinner, a movie out in town and more</p> <p>Girls Only! Start Smart: Girl Power 1730-2030, Free, Youth Activities Center, 871-2251</p>
<p>Thursday 16 FEB</p>	<p>Free Movies Smith Memorial Theater, 871-2468</p> <ul style="list-style-type: none"> ▪ Lunch movie, 1130 ▪ Serenity (PG-13), 1830 <p>Chalk Art Contest 1730-2030, Free, Youth Activities Center, 871-2251</p> <p>Pool Tournament 1800, Free, Liberty Program at Stinger's Recreation Center, 323-2681</p>
<p>Friday 17 FEB</p>	<p>Memphis Holiday Weekend Begins: Including a trip to Graceland and a Toby Keith concert \$225 for AD and \$250 for all others <includes transportation, entrance fees and a double-occupancy hotel stay>, Liberty Program, 323-2681; sign up through 10 February, return 20 February</p> <p>Free Movies Smith Memorial Theater, 871-2468</p> <ul style="list-style-type: none"> ▪ Lunch movie, 1130 ▪ North Country (R), 1830 ▪ Get Rich or Die Trying (R), 2100 <p>Movie Night on the Big Screen 1800-2100, Free, Youth Activities Center, 871-2251; limited to 30</p>
<p>Saturday 18 FEB</p>	<p>Rock Wall Climbing 1000-1700, Free, Youth Activities Center, 871-2251; limited to 30</p> <p>Free Movies Smith Memorial Theater, 871-2468</p> <ul style="list-style-type: none"> ▪ Zathura (PG), 1300 ▪ Yours, Mine & Ours (PG), 1500 ▪ Prime (PG-13), 1700 ▪ Serenity (PG-13), 1900
<p>Sunday</p>	<p>Free Movies Smith Memorial Theater, 871-2468</p>

19 FEB	<ul style="list-style-type: none"> ▪ Dreamer (PG), 1300 ▪ Greatest Game Ever Played (PG), 1500 ▪ Domino (R), 1730 ▪ Doom (R), 1930
Monday 20 FEB	Presidents' Day Hours Beehive Bar & Grill, 1300-2030; CBC Fitness Center, 0900-1700; Pine Bayou Golf Course, 0700-1800; and Youth Activities Center, 0600-0730 and 1400-1730. ITT and Stinger's Recreation Center will open their regular hours. All other facilities will be closed.
Tuesday 21 FEB	Smith Memorial Theater Closed 20-23 February National Wedding Month Trivia Contest 1200, Free plus prizes, Liberty Program at Stinger's Recreation Center, 323-2681 Softball Clinic CBC Fitness Center, 871-2668 Prepare for the upcoming softball season ... come join the fitness staff for agility drills plus cardiovascular and flexibility training every Tuesday and Thursday at 1600 for an intense 45 minutes of training. Sign ups will begin 6 February, and you can come once or twice a week—it's your choice. Don't wait to get in shape during the season; be prepared! Torch Club Meeting 1730-2030, Free pizza, Youth Activities Center, 871-2251
Wednesday 22 FEB	Smith Memorial Theater Closed 20-23 February Midweek Mall Madness 1700, \$5 <includes dinner, a trip to the mall and more>, Liberty Program, 323-2681 Boys Only! Passport to Manhood 1730-2030, Free, Youth Activities Center, 871-2251
Thursday 23 FEB	Smith Memorial Theater Closed 20-23 February Team Capture the Flag 1730-2030, Free, Youth Activities Center, 871-2251 Pool Tournament 1800, Free, Liberty Program at Stinger's Recreation Center, 323-2681
Friday 24 FEB	Wacky Olympics Lunchtime, Free, Liberty Program at Stinger's Recreation Center, 323-2681. Celebrate the XX Winter Olympiad. Free Movies Smith Memorial Theater, 871-2468 <ul style="list-style-type: none"> ▪ Lunch movie, 1130 ▪ Zathura (PG), 1830 ▪ Yours, Mine & Ours (PG), 2030 Movie Night on the Big Screen 1800-2100, Free, Youth Activities Center, 871-2251; limited to 30
Saturday	Mardi Gras Golf Tournament

25 FEB	<p>0800 shotgun, Pine Bayou Golf Course. The \$20 fee includes food and prizes; the format will be individual points with a handicap. Need a foursome? Call Pine Bayou at 871-2494.</p> <p>Chuck E. Cheese 0900-1400, Free, Youth Activities Center, 871-2251; free tokens, pizza and beverages for the first 30</p> <p>Mardi Gras Trip 1000, \$10, Liberty Program, 323-2681</p> <p>Free Movies Smith Memorial Theater, 871-2468</p> <ul style="list-style-type: none"> ▪ Dreamer (PG), 1330 ▪ Waiting (R), 1530 ▪ Two for the Money (R), 1800 ▪ Doom (R), 2015
Sunday 26 FEB	<p>Free Movies Smith Memorial Theater, 871-2468</p> <ul style="list-style-type: none"> ▪ Serenity (PG-13), 1300 ▪ North Country (R), 1530 ▪ Domino (R), 1800
Monday 27 FEB	Smith Memorial Theater Closed 27 and 28 February
Tuesday 28 FEB	<p>Smith Memorial Theater Closed 27 and 28 February</p> <p>Kids' Choice Night 1730-2030, Free, Youth Activities Center, 871-2251</p> <p>IHOP Trip 1800, \$5, Liberty Program, 323-2681</p>
Monday 13 MAR	<p>Sign Ups End for Intramural Softball Free, CBC Fitness Center, 871-2668; a coach's meeting is set for 17 March at 1200. The softball season begins 3 April.</p>
Friday 17 MAR	<p>Intramural Softball Coaches' Meeting 1200, Free, CBC Fitness Center, 871-2668; the season begins 3 April</p>
Monday 3 APR	<p>Intramural Softball Season Begins Free, CBC Fitness Center, 871-2668</p>
	Please see the following page for events around base and at Keesler.

eBuzz perks are endless

Be the first to learn about events and specials by joining the eBuzz list today! Just send your e-mail address to michelle.fayard@navy.mil.

If your e-mail address is on our list, you automatically will be entered into a monthly drawing for prizes. Six names are drawn the last business day of the month, and the winner is announced in the following BeeTracks newsletter. Good luck!

News Around Base

NEW!—Servmart will be closed the week of 23-27 January in order to move from its temporary store back to its original location. For more details, call 871-2635 or 868-9116.

Weight Watchers meetings now are being held on base, and all military personnel and civilians are invited to attend. Registration is free now through 4 March. Meetings are held Tuesday afternoons at 1630 in the upstairs conference room of Building 1, with weigh ins will be from 1600 to 1630. For more information, call Pat Virgilio at 871-3143.

NEW!—**NMCB 1 FSG**—First Thursday of every month, 1830, Seabee Memorial Chapel Fellowship Hall. The guest speaker for the 2 February meeting will be Sean Bell of the Fleet & Family Support Center; snacks will be provided. Contact Vickie Cariello at 868-8487 or vicnyank@cablone.net.

NEW!—Valentine's Day

Flowers—NMCB 1's FSG will be selling carnations 14 February in front of the NMCB 1 command building. The cost will be one flower for \$1, six flowers for \$5 or 12 flowers for \$10. The sale will begin at 0900 and will last as long as the flowers do, so come early.

NMCB 7 FSG—Third Wednesday of every month, 1830, Seabee Memorial Chapel Fellowship Hall. Contact Shawna Tatge at 868-8487 or smt41174@yahoo.com.

NCTC Tri-service FSG—Fourth Monday of every month, 1830, Seabee Memorial Chapel Fellowship Hall. Contact Tessa Grimes at 865-4364 or tgrimes730@hotmail.com.

Fun in Services: Keesler AFB

For more details, contact Earlene Smith at earlene.smith@keesler.af.mil.

Texas Hold 'Em is back, and it will be a rootin', tootin' good time 28 January starting at 1300 at Vandenberg Community Center, for all persons eligible to use Keesler facilities. The \$10 entry fee includes snacks. Participation is limited to 200 participants, so sign up now. Prizes are being sponsored by Budweiser. For more information, call 377-3308.

A large assortment of non-appropriated fund **excess property will be on sale** 24 through 26

January from 0900 to 1500 at the Keesler Club. Transactions will be on a first-come, first-served, cash-and-carry basis. Customers are responsible for loading and securing purchases onto their vehicles, so bring hand trucks, tie down straps, tape, etc.

Free fitness classes have resumed at Dragon Fitness Center. Classes include step aerobics, kickboxing aerobics, Salsa dancing aerobics, spin cycling and yoga. For more information, call 377-2907.

New at the Half Time Café! A breakfast buffet is served Mondays through working Fridays from 0530 to 0900. For an introductory price of \$3 enjoy scrambled eggs, bacon sausage, biscuits and gravy, hash browns, grits, fresh fruit, and coffee. Also available for an additional price is a limited grill menu for eggs and omelets, fresh danishes, English muffins and bagels, and orange, grapefruit and apple juice.

An Italian buffet is served on Wednesdays from 1100 to 1300. For \$5.95 enjoy spaghetti with meat sauce, pizza slices, salad, bread sticks, pasta salad, garlic bread, and a 16-ounce soda or iced tea.

The café is located inside Vandenberg Community Center and is open to all personnel eligible to use Keeler's facilities. For more information, call 377-2424. Sorry, but no to-go orders are available for buffet items.

HARLEM **Globetrotters**

Fri., Jan. 27th @ 7 p.m.
Sun., Jan. 29th @ 2 p.m.

American Bank Center

\$14.⁵⁰

Center-court Seats!



The Harlem Globetrotters are the true champions and pioneers of basketball around the globe. This January, the Globetrotters are back in Corpus Christi at the American Bank Center with explosive fun and entertainment that will leave the audience wanting more!

Naval Station Ingleside ITT has **DISCOUNT** center-court (section 103) ticket vouchers available for just **\$14.⁵⁰**...that's a discount of almost \$12!!!

Purchase tickets in MWR, located in Bldg. 100. Vouchers must then be redeemed **AFTER 24 hrs.** at the American Bank Center "will call."

All ticket voucher sales end 2 days prior to each game.

Call 776-1400 for more information!

Traders Village

ITT Day Trip

Sat. Jan. 7th

Bus departs NSI Bldg. 100 at 8:00 a.m.; returns 10 p.m.
FFSC (Near HuDat) at 8:15 a.m.; returns 9:30 p.m.
K-Mart in Portland at 8:30 a.m.; returns 9:15 p.m.

January is going to be hot as a Jalapeno at Traders Village with the 17th annual BBQ & Chili Cook-Off! Enjoy Spicy Chili, BBQ, Brisket & Chicken at the largest flea market and special events complex on the Gulf Coast. More than 2000 vendors will be on hand
...Shop, Eat and Enjoy!

Round trip transportation is included in the cost of this trip.
Dress warmly with comfortable shoes.
Bring cameras & spending money!
This trip is limited to 27 patrons;
15 are needed to make the trip go.



**Call 776-1400
to reserve
your space!**



Upcoming Events

Fitness

"Starting it off Right" Aerobathon
Fitness Source, January 26, 5 p.m. – 7:30 p.m.
Call 542-3518 for additional information.

Free Movies

January 6, 7 p.m.
Four Brothers (R)

January 7, 5 p.m.
Just Like Heaven (PG-13)

January 7, 7 p.m.
The Skelton Key (R)

January 13, 7 p.m. The
Exorcism of Emily Rose (R)

January 20, 7 p.m.
A Sound of Thunder
(PG-13)

January 21, 5 p.m.
March of the Penguins (G)

January 21, 7 p.m.
The Brothers Grimm
(PG-13)

January 27, 7 p.m.
Dukes of Hazzard (PG-13)

At the Base Theater
Call 542-3491

I.T.T.

**Kennedy
Space Center**

January 14

\$50, children 3-11 \$40

**Sterling Casino
In Port Canaveral**

January 22

\$13.50

Call 542-3318

Golf Course

**Military
Appreciation
Days**

**No green fees!
Cart fee only!**

**Jan 10 & 24 for
Active Duty**

**Jan 12 & 26 for
Retirees and DOD**

Call 542-3249

NAS Freedom Lanes

**Free Bowling on Wednesdays for
Active Duty from 11 a.m. – 1 p.m.**
Shoe rental not included. Call 542-3493

Liberty

**New Orleans Trip
February 17-20**

Experience Mardi Gras and haunted houses!
\$120 per person! E1-E5 Single Sailors only.
Payment plan available. Call 542-3491

ON THE HORIZON!

A GLANCE AT MWR'S UPCOMING EVENTS & ACTIVITIES

MORALE, WELFARE & RECREATION AT KINGS BAY

JAN. 3, 2006

No. 01



If you are interested in dropping a comment to MWR for suggestions or concerns, or would like to be placed on our mailing list, please e-mail us at centerofexcellence@tds.net

ITT HAS LIMITED TICKETS...



MONSTER TRUCK SHOW

SAT., FEB. 28 AT 7:30 P.M.

\$20 PER CLUB SEAT

FOR MORE INFORMATION, CALL
ITT AT 573-2289.



Great Skiing in the Great Smokies

February 24 - 26

\$150.00 per person includes
two night lodging, lift tickets, rental equipment, lessons & transportation

Limited space is available so sign-up early!
Payment plan is available! Pre-payment is a must.
Deadline to sign-up is February 15, 2006!

Outdoor Adventures

912-573-8103/1157

Valentine's

Scotch Doubles
sponsored by Rack-N-Roll Lanes

February 11

\$25 per couple

Sign-ups start 5 p.m.
games begin 6 p.m.

price includes:

7" pizza w/1 topping or regular hamburger, fries
& fountain soda for each partner, prize fund &
4 games of bowling consisting of
1 game of regular 10-pin, 1 game of 9-pin no-top,
1 game of 8-pin no-top
& 1 game of guaranteed strike in 3, 6, 9

For more information, call
Rack-N-Roll Lanes
at 573-9492



Youth Sports Spring Registration

Baseball • T-Ball • Soccer

Season runs March - May 15

Registration taken at Boys & Girls Club of Kings Bay
Monday - Friday • 8 a.m. - 5:30 p.m.

January 17 - March 1

Baseball & T-Ball ages 4 - 8 • \$45

Soccer ages 4 - 14 • \$45

All costs include uniforms & participation awards.
(\$150 maximum per family)

For more information, contact Youth Sports at 573-8202.

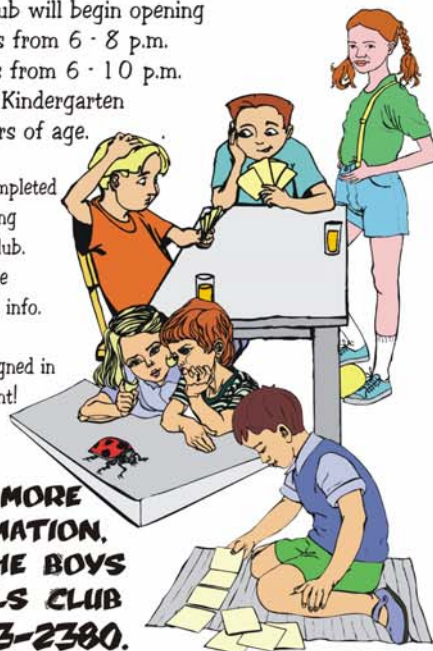
COME ONE...COME ALL! OPEN RECREATION!

The Boys & Girls Club will begin opening
Monday evenings from 6 - 8 p.m.
& Friday evenings from 6 - 10 p.m.
for children Kindergarten
through 12 years of age.

Paperwork must be completed
prior to youth being
left at the BGCA Club.

- birth certificate
- emergency contact info.
- medical info.

*All youth **MUST** be signed in
and out by a parent!



**FOR MORE
INFORMATION,
CALL THE BOYS
& GIRLS CLUB
AT 573-2380.**

Service Excellence is our Operational Philosophy

MWR Internet address.....www.subasekb.navy.mil

QUALITY OF LIFE CUSTOMER SERVICE ACTION LINE...573-2114

or e-mail issues, customer service and comments to Ronald.Swafford@navy.mil

MWR DIRECTOR 573-2538
ADMIN/PERSONNEL 573-8787
AUTO SKILLS CENTER 573-9629
COMMUNICATIONS OFFICE 573-8976
CONFERENCE CENTER 573-4559
INFO/TICKETS/TRAVEL(ITT) 573-2289

OUTDOOR ADVENTURE CENTER 573-8103/1157
EAGLE HAMMOCK RV PARK 673-1161

RECYCLING CENTER 573-9475
SPECIAL EVENTS 573-9631
VETERINARY CLINIC 573-0755

YOUTH SERVICES

CDC INFANT/PRE-TODDLER 573-9653
CDC TODDLER DESK 573-3888
CDC ANNEX DESK 573-9918
CHILD DEVELOPMENT HOME PROGRAM
MAIN OFFICE 573-8423
BOYS & GIRLS CLUB 573-2380
YOUTH SPORTS 573-8202

CLUBS OF KINGS BAY BLDG. 1039
OFFICE 573-8999
BINGO 573-8989
OSCAR'S 573-8328
LIBERTY/SINGLE SAILOR & MARINES
PROGRAM INFORMATION 573-8328

FITNESS COMPLEX BLDG. 1034
CUSTOMER SERVICE COUNTER 573-3990
FITNESS OFFICE 573-8972/8955
FLEET RECREATION 573-8908
POOL 573-3001
SPORTS 573-8908

RACK-N-ROLL LANES BLDG. 1033
CUSTOMER SERVICE COUNTER 573-9492
NOBLE ROMAN'S PIZZA EXPRESS
FOR DINE-IN OR PICK-UP 573-4029

TRIDENT LAKES GOLF CLUB 573-8475/8476

Navy Exchange Customer Service 882-6098

Monday - Wednesday, Friday 9 a.m. - 6 p.m., Thursday 9 a.m. - 7 p.m., Saturday 9 a.m. - 5 p.m. & Sunday 10 a.m. - 4 p.m.

Commissary Agency (DECA) 573-3310

Hours - Tuesday, Wednesday, Friday 9 a.m. - 6 p.m., Thursday 9 a.m. - 7 p.m., Saturday 9 a.m. - 5 p.m. & Sunday 10 a.m. - 5 p.m. Closed Monday

FOR MORE INFORMATION, CALL RACK-N-ROLL LANES AT 573-9492

It's a Pizza, Pasta & Salad Buffet

**Tuesday & Wednesday
11 a.m. - 1 p.m.
inside Rack-N-Roll Lanes
only \$5.50**





MWR INFO BLAST

AUTO SKILLS CENTER

270-5392

The next **Motorcycle Safety Training Course** is Feb. 3-5. Cost is \$165 per person (\$10 off for enlisted, single sailors or geo-bachelors ages 18-25).

10% off Fuel Injection Cleaning in January!

BEACHSIDE COMMUNITY CTR.

270-7198

Bingo Valentine's Day Extravaganza (Feb. 14). Cost is \$100 per package. Grand Prize is a brand new 2006 Nissan Altima car. Purchase tickets at ITT or Beachside Bingo. Winner pays taxes, title and tag. Additional packs are \$50. Tickets at BSCC or ITT.

Super Bowl Sunday (Feb. 5). Watch the BIG GAME on the movie screen, 2 big screen TV's or 12 smaller TV's located in Castaway's Bar. Large 1-topping pizzas are \$9.99, 40-cent wings, \$1.25 drafts. BoHogs is offering 3 entrees (pork, chicken and ribs) and 2 sides (potato salad and beans) for \$10.50. Castaway's opens at 11 a.m. No cover charge.

FAST LANES BOWLING CTR.

270-5377

Captain's Cup Intramural Bowling has started. It's not too late for you. Wednesdays, 11 a.m.

XTREME Bowling is extended on **Super Bowl Sunday (Feb. 5)**, 4 p.m. to close. Family and Single Sailor specials available.

FOC'SLE CPO CLUB

270-5431

CPO Happy Hour. 4-7 p.m. Every Friday! This is reserved for Chief Petty Officer's and their guests.

ADULT SPORTS

270-5451/52

Women's Volleyball Begins Jan. 29. (Gym)

OUTDOOR ADVENTURES

270-5221

Get Scuba Certified for only \$265; \$295 for Guests. Price includes all study materials, dives, equipment rental, transportation and lodging. Upcoming dates: Feb. 3-5, Mar. 3-5, Apr. 7-9 and 21-23

Deerfield Beach Dive Trip: Mar. 24-26. Reserve your spot; space is limited.

SINGLE SAILORS (LIBERTY)

270-7788/89

Jan. 23: **WWE RAW** 9:30 - 11:15 p.m.

Jan. 24: **Craze Daze.** Check out what's planned. Event starts at 6 p.m.

Jan. 25: **Nine ball Tournament.** Single elimination; starts at 6 p.m. Sign up before to secure your spots. Same day sign ups are welcome but spots are not guaranteed. Prizes to first and second places.

Jan. 26: **Made You Think Thursdays.** Put your mind to the test tonight in the movie theater with game shows of yesterday. Prizes awarded to the top finishers. Event starts at 6 p.m.

Jan. 27: **Dinner and a Movie Trip.** Catch the latest box office hits at Regal Cinemas. Cost is \$2. Pizza served at 5:45 p.m. before departing for the theatre. Trip returns to base at 10 p.m. Sign up at Planet Mayport.

Jan. 29: **Chinese New Year Celebration.** Celebrate the Year of the Dog. 6 p.m.

Jan. 30: **WWE RAW** 9:30 - 11:15 p.m.

Jan. 31: **Comedy Zone Trip.** Trip is free and includes transportation and appetizers. One drink minimum purchase.

UPCOMING SINGLE SAILOR EVENTS:

- ♦ Super Bowl Sunday, Feb. 5
- ♦ Mardi Gras Trip (New Orleans), Feb. 17-20

YOUTH

270-5680

Freedom Friday: 7-11 p.m. Jan. 27 (Movie Night). \$7 in advance, \$9 day off. Sign up early.

Register NOW for Youth Spring T-Ball, Baseball and Soccer.

NEW TEEN ROOM OPEN...

Coffee-house environment for middle & high school.

WINDY HARBOR GOLF CLUB

270-5380

Intramural Golf starts Jan. 25 for Active Duty.

MWR HAPPENINGS



VOLUME 7 ISSUE 2

NAVY MORALE, WELFARE AND RECREATION

NATIONAL NAVAL MEDICAL CENTER

FEBRUARY 2006



Tickets at your MWR InfoCenter!
THINK SNOW....and go to SKI Liberty,
Ski Roundtop, Whitetail, or Windham.
Wisp Military Preferred Pass is also available!

ADVENTURE BOUND

Outdoor Adventures for Active duty, Reservists, Retirees, DOD civilians and their family members.

Sign up for trips at the MWR InfoCenter:
 Call 301-319-8431 or 301-295-0256 for more trip informa-

Adventure Bound Snow Tubing- Ski Liberty

Saturday, February 25

100% fun with zero effort: enjoy all the fun of zooming down the perfectly carved lane and relax on the moving carpet as it conveys you and your tube back to the top. You don't have to be an expert skier or boarder to have fun tubing: anyone can tube, even if you've never set foot on snow before! Children must be at least 8 yrs old to participate. Limited Space!

Cost: AB Price \$16 Liberty Price \$8

INSIDE THIS ISSUE

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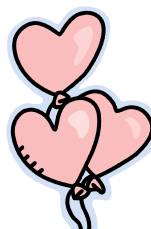
Adventure Bound Ski Trip - Whitetail

Saturday, March 11

Whitetail has invested another \$1.5+ million in capital improvements this year including a massive addition to the Rental Facility. New for this year is the Rossignol Adventure Rental Center, complete with 3,000 brand new pair of shaped Rossignol skis and 750 Rossignol snowboards.

Vertical Drop - 935 ft., Top Elevation - 1,800 ft., 19 Trails, 8 Lifts, Uphill Capacity, 11,200 skiers/hr, 100% Snowmaking, Half Pipe & Terrain Park.

Cost:	AB Price	Liberty Price
Lift Only	\$17	\$8.50
Lift & Ski Rental	\$52	\$26
Lift & Snowboard Rental	\$58	\$29



Happy Valentine's Day!



For more
Liberty or Adventure Bound information
Please call the MWR InfoCenter at 295-0434,
Carol at 319-8431 or Ken 295-0256.



Super Bowl Party BLDG 61

Sunday, February 5

Join us in BLDG 61 as we root for our favorite teams in Super Bowl XXXX. We'll be kicking it in the 1st floor lounge watching the game on the BIG SCREEN! Food, fun, and a prize giveaway at halftime. Party starts 1 hour before kickoff!



Discount Bowling Nights at the Bowling Center

Mondays, February 6 & 20

Are you are looking for something fun and cheap to do during the week? If so, then venture down to the Bethesda Naval Bowling Facility for a night of cheap thrills! Cost for single sailors E1-E6 (bring I.D.) and their guest is \$2 per person, per game. Shoe rental is \$1.50 per pair. Stop by from 1500-2000.

SKI Liberty, Roundtop, Whitetail -Military Appreciation Days

Tuesday-Thursday, February 7-9

Free lift tickets to all active duty military at the selected locations on selected dates. Roundtop (Feb. 7), Ski Liberty (Feb. 8), and Whitetail (Feb. 9). The Liberty program will be offering transportation to all eligible Liberty patrons.



Snowshoe Overnight Ski Trip

Friday, February 10-12

Join us as we head to the #1 ski resort in the Southeast and Mid Atlantic Region: Snowshoe Mountain in West Virginia. Come out and ski or snowboard on one of their 57 slopes and trails, while enjoying the variety of shops, restaurants, and night life that this resort has to offer. Trip includes 2 nights lodging and 2 full-day lift tickets.

Cost: \$95.00 with your own equipment

\$130 with 2 day ski/snowboard rental

Dead line to sign up: February 8. Departure Time: February 10th @ 1400

*Limited Space – Sign Up Soon *



Washington Capitals vs. Pittsburgh Penguins

Saturday, February 11

Two first round draft choices on the ice at once!! Come and see one of the few times that Alexander Ovechkin of the Capitals and Sidney Crosby of the Penguins will share the ice this season!!

Cost: \$15. Limited Space!



Spades Tournament, Liberty Zone

Monday, February 13 at 1800

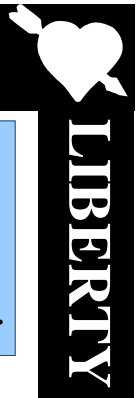
Join us in the Liberty Zone for an evening of Spades and fun! Free soda and pizza for all participants! Prizes for first place! Sign up @ the Liberty Zone between 1630 and 1800.

LIBERTY ZONE Birthday Celebration

Thursday, February 16 at 1645

Free Cake and Ice Cream!





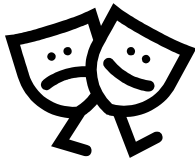
Liberty is a recreation program for single, unaccompanied enlisted (E1-E6) military personnel.

One guest may accompany a sailor per activity for the unsubsidized price, unless otherwise stated in the program description.



**Liberty Passport Dinner
Fondue Dinner, Melting Pot- Rockville, MD
Tuesday, February 16**

Join us at The Melting Pot, where you can dip into something different as well as a dinner that you will never forget. We'll be feasting on their "Big Night Out Dinner" featuring Wisconsin Cheese X3, Salad, Entrée of Half Pound Lobster, Garlic and Wine Marinated Tenderloin, Teriyaki Marinated Sirloin along with Shrimp with a variety of sauces and don't forget desert. Cost: \$20. Deadline to Sign up February 14 @1600



**Liberty Comedy Night @ the DC IMPROV
Friday, February 17**

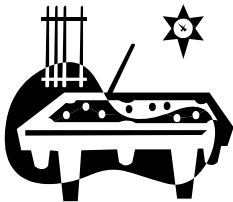
Join us for laughs as the Liberty crew heads to the DC Improv for an early evening stress-relieving show!!
Cost: \$15 Guest \$25
Sing up no later than February 15 @1600



**Adventure Bound Snow Tubing- Ski Liberty
Saturday, February 25**



100% fun with zero effort: enjoy all the fun of zooming down the perfectly carved lane and relax on the moving carpet as it conveys you and your tube back to the top. You don't have to be an expert skier or boarder to have fun tubing: anyone can tube, even if you've never set foot on snow before! Cost: Liberty \$8 , Adventure Bound \$16. Children must be at least 8 yrs old to participate. Limited Space!



**Barracks Pool Tournament
Monday, February 27**

Free snacks, soda, and prizes to 1st & 2nd
When: Sign up 1730-1800 2nd floor lounge Bldg. 61.
Tournament starts at 1800, Bldg. 61 2nd floor lounge.

Liberty Passport Dinner Program

**Join us each month as we travel the DC Metro area
in search of its finest ethnic cuisine.**

We'll be hitting a different restaurant every month!

Go on 3 passport dinners and the 4th dinner is on us!

Cost includes appetizers to share, main dish, and beverage.

Bring extra money for tips and souvenirs.

***Fondue Dinner, Melting Pot- Rockville, MD
Tuesday, February 16***



Liberty Zone Theater

The 1st movie shown at 4:45 pm is viewer's choice. Second movie at 6:30 pm is from the schedule below right. Sundays and holidays scheduled movie is at 2:30 pm.

Located in the
Liberty Zone
at the
Comfort Zone
Complex
Bldg. 23

**Movies in the
barracks lounge
@ 1800!**

**Free popcorn!
Choose from a
variety of
new movies!**

**2/1 @ CBQ 61
2/8 @ CBQ 60
2/9 @ CBQ 50
2/15 @ CBQ 61
2/22 @ CBQ 60
2/23 @ CBQ 50**

Movie Schedule

2/1	The Weather Man
2/2	Tim Burton's Corpse Bride
2/3	Beauty Shop
2/5 @ 1400	The Constant Gardener
2/6	The Gospel
2/7	Lord of War
2/8	In the Blue
2/9	The Rookie
2/10	Anchorman
2/12 @ 1400	Elizabethtown
2/13	Radio
2/14	Wicker Park
2/15	Thunderbirds
2/16	Closer
2/17	Eurotrip
2/19 @ 1400	The Great Raid
2/20	Wallace & Grommit: The Curse of the Were Rabbit
2/21	A History of Violence
2/22	Howl's Moving Castle
2/23	Flightplan
2/24	The Fog
2/26 @ 1400	In her Shoes
2/27	The Man
2/28	Legend of Zorro

Liberty Zone- Inside the Gym, Bldg. 23
24 hr Liberty Infoline Dial 295-4727!
EMAIL: liberty@mwrbethesda.com
Monday-Friday 4:30-9:00 pm
Sunday & Holidays 12:00-6:00 pm

Main Retail Store Complex

Main Store Building 57 301-295-6363

Mon-Sat 0900-2000
 Sunday 1000-1800

Barber Shop, Main Store 301-295-6387

Mon-Sat 0830-1900
 Sun 1000-1800

Tailor Shop 301-295-6358

Mon-Sat 0900-2000
 Sun 1100-1800

Laundry & Dry Cleaning 301-718-8315

Mon-Fri 0830-1900
 Sat 0830-1800

Optical Shop (National Vision) 301-951-9060

Mon-Fri 0900-1900
 Sat 0900-1800

Bldg 12

Administrative Office 301-295-0871
 Personnel Office 301-295-6339

NNMC QuikMart/Citgo 301-295-6129

Mon-Fri 0600-2100
 Sat 0800-2000
 Sun 1000-1800

NNMC NEX Package Store 301-295-6382

Building 23
 Mon-Sat 0900-1800
 Sun 1100-1800

NNMC McDonald's 301-564-9549

Building 31
 Mon-Fri 0600-2300
 Sat 0600-2330
 Sun 0700-2100

NEX "Main Street" Complex

Main Hospital, Building 2

Uniform Center 301-295-1489

Mon-Fri 0800-1900
 Sat 0900-1800
 Sun 1000-1800

Tailor Shop 301-295-6358

Mon-Fri 0800-1900
 Sat 0900-1800
 Sun 1000-1800

Main Street Café 301-986-4996

Mon-Fri 0630-2100

Barber Shop 301-295-6390

Bldg 2 Main St
 Mon-Fri 0730-1600

Subway/Dunkin Donuts 301-652-4667

Mon-Fri 0600 - 2000
 Sat 0700 - 1500
 Sun 0700 - 1400

Café Marlene, Bldg.9 301-986-5170

Mon-Fri 0600-1400

William III Gourmet Coffee 301-295-5387

Bldg.10
 Mon-Fri 0600-1600



Remember: Valentine's Day is February 14th

For your **sweetheart**, we have a great fine fragrance collection for men and ladies.

For the **chocolate lover** in your life, we have a scrumptious selection from Godiva, Russell Stover, Dove, Whitman's and more.

For the **flower lover**, we have a beautiful selection of long stem roses.

Valentine's Sale – February 1-14 features:

20% OFF Diamond Solitaire Rings, Earrings and Pendants
 20% OFF Diamond Bridal Sets
 20% OFF Diamond Bracelets
 20% OFF Diamond Fashion Earrings
 20% OFF Pearl Jewelry
 20% OFF Amethyst Jewelry
 25% OFF 14K and 10K Chain Necklaces and Bracelets
 25% OFF 14K Gold Earrings
 Save on Fragrance Gift Sets



Super February Values – February 9-12 features:

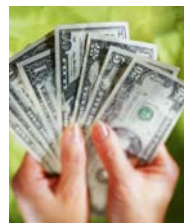
All appliances on Sale
 15% OFF All in Stock Bakeware
 Save on Luggage by American Tourister, Huntington, Aspire Lite & Dockers Classic
 Save on Craftsman Tools
 Garden Shop to open

We Save You Money Values – February 15-20 features:

Save in Every Department throughout the store

President's Four Day Specials – February 17-20 features:

20% OFF Diamond Solitaire
 25% OFF Pearl Jewelry
 Sale \$24.99 All Men's Dockers
 Sale \$24.99 All Men's Haggard Comfort Fit Khakis
 25% OFF Harbor Home Comforter Sets
 20% OFF ALL Rolfs/Buxton Accessories



BETHESDA NAVY LODGE 301-654-1795 GREAT RATES!

Make reservations: 1-800-NAVY INN(628-9466)

www.navy-nex.com

Hotel Rooms-\$75/ night

Conference Room (35 persons)-\$75/ day

Washington Navy Lodge (Anacostia) 202-563-6950



USU Café

6

MWR HAPPENINGS



Located in USUHS Bldg. 70
Open Monday-Friday

0630-1000 Breakfast
1100-1400 Lunch



For your catering needs contact:
Selcuk "Sammy" Polat, Manager
301-493-6554

Catering menu available by email.

Send requests to:
cafeteria@usuhs.mil

Platters are available for
your office parties and
celebrations.
Call 301-493-6554.

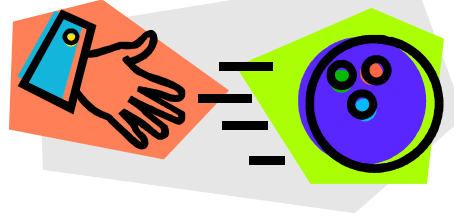
Salad Bar, Grill, Deli, Pizza and more



**Serving Breakfast and Lunch
Monday-Friday**

BETHESDA NAVAL BOWLING CENTER

Group Rates



Office get-togethers, retirement, birthday parties, or any special occasion....You can reserve all or part of the bowling center for your special event.

We will work with you to fulfill all of your party needs.

Food, Beverages, Music, Bowling, Shoe Rental, Billiards, Contests, Tournaments...

CALL US to customize your package and reserve your date. 301-295-2034/2060

Group Rate Options:

Unlimited Bowling Packages

(includes shoe rental)

\$9.00 pp for 1.5 hours

\$11.00 pp for 2 hours

\$16.00 pp for 3 hours

\$20.00 pp for 4 hours

*Add a food package for only \$4.75 per person
(Food package includes your choice of hamburger, hot dog, chicken nugget, with French fries and a beverage)

We're Open

Monday – Tuesday	10 AM - 10 PM
Wednesday, Thursday	3 PM - 10 PM
Friday	1 PM - Midnight
Saturday	10 AM - Midnight
Sunday	1 PM - 8 PM

Birthday Party Package

1 hour or 1-1/2 hours* of bowling

Use of rental shoes

1/2 hour of party time

Food Choices: hamburger, hot dog, or chicken nuggets with french fries and a beverage.

Only \$11.00/\$12.50* per person

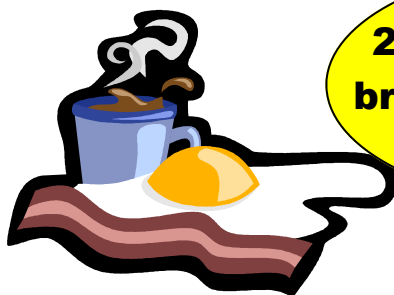
Call 301-295-2060/2034

To reserve your date!

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Breakfast

Monday, Tuesday and Saturday
10am-12noon



2 eggs, bacon, hash browns, toast, coffee
\$3.75

Bacon, egg & cheese sandwich
\$3.00

Snack Bar also features sandwiches, fries, appetizers, beverages on tap, etc.

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Discount Ringling
Bros. Circus Tickets
\$16.00
DC Armory
Mar. 25 & 26
MCI Center
Mar. 31, Apr. 1 & 2
Patriot Center
Apr. 8 & 15

MWR InfoCenter, NNMC Main St.

MWR Information Source! Discounted Tickets!
Sign up for Liberty and Adventure Bound Trips!

Authorized TICKETMASTER Outlet

TICKET NAME	MWR PRICE	GATE PRICE	YOU SAVE
Movie must run at least 2 weeks before tickets may be used (unless otherwise noted)			
AMC Theaters	5.75	varies	
Loews (Cineplex Odeon/Sony) Theaters	6.50	varies	
Loews Wkday Escape (valid M-Th only, no holid., free popcorn w/ reg. drink purchase)	5.50	varies	
Regal Cinemas/ United Artists VIP	6.50	varies	
Amusement Parks			
DISNEY WORLD –other ticket options available by special order			
3-day Base (adult) expires 14 days after date of 1st use	176.25	192.77	16.52
3-day Base (child: ages 3-9) expires 14 days after date of 1st use	145.00	158.69	13.69
3-day w/ Park Hopper (adult) expires 14 days after date of 1st use	215.00	232.77+	17.77+
3-day w/ Park Hopper (child: ages 3-9) expires 14 days after date of 1st use	184.00	198.69+	14.69+
4-day Base (adult) expires 14 days after date of 1st use	189.75	207.68	17.93
4-day Base (child: ages 3-9) expires 14 days after date of 1st use	155.75	170.40	14.65
4-day w/ Park Hopper (adult) expires 14 days after date of 1st use	228.75	247.68+	18.93+
4-day w/ Park Hopper (child: ages 3-9) expires 14 days after date of 1st use	194.75	210.40+	15.65+
5-day child: ages 3-9 Park Hopper	180.00	213.00	33.00
5-day child: ages 3-9 Park Hopper Plus	205.00	240.70	35.70
Sea World, Orlando (adult)	53.00	65.76	12.76
Sea World, Orlando (child: ages 3-9)	42.75	52.98	10.23
Universal Studios, Florida (adult)	51.00	67.10	16.10
Universal Studios, Florida (child: ages 3-9)	41.25	55.38	14.13
Univ. Stud. Islands of Adventure (adult)	51.00	67.10	16.10
Univ. Stud. Islands of Adventure (child: ages 3-9)	41.25	55.38	14.13
Universal Studios, Florida 2-day Escape (adult)	91.75	114.97	23.22
Universal Studios, Florida 2-day Escape (child: ages 3-9)	77.75	104.32	26.57
Universal Studios, Florida 2-day Escape (adult) 3rd Day Free	91.75	114.97	23.22
Universal Studios, Florida 2-day Escape (child: ages 3-9) 3rd Day Free	77.75	104.32	26.57
Local Attractions			
Baltimore & Ohio Railroad Museum (ages 13 & up)/ Get child ticket (2-12) at gate for \$8.00	9.00	14.00	5.00
Baltimore Aquarium (adult)	16.00	19.50	3.50
Baltimore Aquarium (active duty/ sr. 60+, no dep.)	13.00	19.50/18.50	6.50/5.50
Baltimore Aquarium (child: ages 3-11)	9.00	13.50	4.50

Ticket prices and availability are subject to change without notice. All ticket sales are final.

Discounted Tickets Available By Special Order at your MWR InfoCenter

Select Amusement Parks, Special Attractions & Hotels for
California, Florida, Nevada, Tennessee, Texas, and Virginia

- **TO ORDER:** Order form is filled out at MWR InfoCenter and **full payment is made.**
- Allow 1-3 weeks for special order tickets.
- Patron will be notified by phone to pick up their tickets at the ticket office when they arrive.
- Patrons need to have a photo ID to pick up their tickets. All sales are final.



Discount Tickets



LOCAL ATTRACTIONS



SPIRIT CRUISES

TICKET NAME	MWR PRICE	GATE PRICE	YOU SAVE
Colonial Williamsburg Freedom Pass 1-Year (ages 18 and older)	N/A	N/A	N/A
Colonial Williamsburg Freedom Pass 1-Year (child: ages 6-17)	N/A	N/A	N/A
Colonial Williamsburg Military Key 1-Day (ages 18 and older)	N/A	N/A	
Colonial Williamsburg Military Key 1-Day (child: ages 6-17)	N/A	N/A	
International Spy Museum (adult: ages 12-65)	14.50	15.00	.50
International Spy Museum (senior 65+, active & ret. military, dependents)	13.50	14.00	.50
International Spy Museum (child: ages 5-11)	11.50	12.00	.50
Luray Caverns (adult)	15.00	19.00	4.00
Luray Caverns (child: ages 7-13, under 7 FREE with an adult)	7.50	9.00	1.50
Luray Caverns \$4 off coupon for 6 admissions			
Medieval Times Dinner & Tournament (adult)	42.25	52.75	10.50
Medieval Times Dinner & Tournament (child: ages 4-12) 3 & under must sit on lap & share meal	38.00	39.55	1.55
Tourmobile: DC-Arlington Cemetery (adult)	18.50	20.00	1.50
Tourmobile: DC-Arlington Cemetery (child: ages 3-11)	9.50	10.00	.50
<u>Skiing (Liberty, Ski Roundtop, Whitetail, Windham)</u>			
Weekend/ holiday Lift Only	44.00	48.00-55.00	4.00-11.00
Mid-week Lift Only	31.25	41.00-45.00	9.75-13.75
Night Lift Only	24.75	27.00-32.00	2.25-7.25
Week./ holi. Lift w/ rental (Ski rentals are less than snowboard rentals) NA/Windham	81.50	83.00-94.00	1.50-12.50
Mid-week Lift w/ rental (n/a @ Windham)	68.50	76.00-86.00	7.50-17.50
Night Lift w/ rental (n/a @ Windham)	59.00	64.00-69.00	5.00-10.00
Weekend Learn to Ski /Ride (n/a @ Windham)	65.50	73.00/81.00	7.50-15.50
<u>Spirit Cruises</u>			
Classic Luncheon (12-2pm) High Season (Apr.-Oct. 2006)	37.00	42.00	5.00
Classic Luncheon (12-2pm) Low Season (Jan.-Mar. 2006, Nov. 1-27, 2006)	32.00	37.00	5.00
Classic Luncheon (12-2pm) Holiday Season (Nov 27.-Dec. 30, 2006)	40.00	46.00	6.00
Classic Dinner Sun.-Thurs. (Weekday) High Season (Apr.-Oct. 2006) (7-10 pm)	57.00	65.00	8.00
Classic Dinner Fri.-Sat. (Weekend) High Season (Apr.-Oct. 2006) (7-10 pm)	65.00	75.00	10.00
Classic Dinner Sun.-Thurs. (Weekday) Low Season (Nov. 1-26, 2006) & (Jan. 1-Mar. 31, 2006) (7-10 pm)	50.00	57.00	7.00
Classic Dinner Fri.-Sat. (Weekend) Low Season (Nov. 1- 26, 2006) & (Jan. 1-Mar. 31, 2006) (7-10 pm)	58.00	66.00	8.00
Class. Dinn. Sun.-Thur. (Weekday) Holid. Season (Nov. 27-Dec. 30, 2006) (7-10 p)	69.00	79.00	10.00
Class. Dinn. Fri.-Sat. (Weekend) Holid. Season (Nov. 27-Dec. 30, 2006) (7-10 p)	N/A	90.00	N/A
Mt. Vernon Excursion (8:30 am or 1:30 pm, 3.5 hours+) Adult/Senior	36.00	38.00	2.00
Mt. Vernon Excursion (8:30 am or 1:30 pm, 3.5 hours+) Child: ages 6-11	32.00	31.00	N/A

Ticket prices and availability are subject to change without notice. All ticket sales are final.

WISP Military Preferred Pass

Receive up to 45% off lift tickets, rentals, lessons and Snow Tubing and your first visit is FREE!
Purchase your pass at the MWR InfoCenter for \$29 per person (gate price: \$59)

Disney on Ice Princess Classics

See this popular show at the MCI Center on Sat., February 18 (11:00 am, 3:00 pm or 7:00 pm) or Sun., February 19 (3:00 pm). Tickets are available at the MWR InfoCenter for \$16.00 (reg. \$27).



Kids Konnection

National Naval Medical Center

Child Development
Center

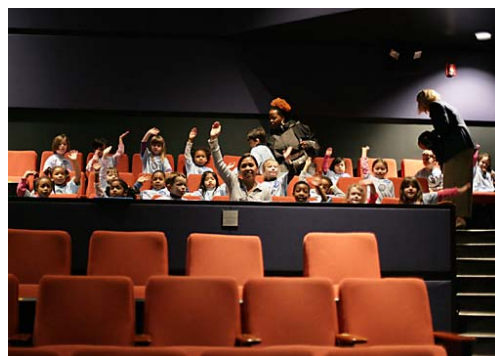
Volume 6, Issue 2

February 2006

The Preschool Goes Out On the Town

After a long dry spell here at the CDC we are once again taking the preschool children out on field trips. We have planned trips to the Noyes Children's Library, Imagination Stage, and the National Museum of the American Indian. Each of the classes will take trips individually to complement their in class curriculum. For some trips we need chaperones, for others we do not, but we always appreciate parent support. **Please remember that we need to have a child safety seat for each**

child that we take. No seat, no trip for that child. Our first outing was to Imagination Stage with Room 133 to see "Seussical". I think we have found a new favorite field trip destination. Check out the pictures of our most recent excursion (thanks to Chris Myers for the photos).



From the Training Office: Cinnamon Football Cookies (from Betty Crocker)

Treat your favorite quarterback to these easy to make sporty cookies. Sit back and listen to the cheers!

1/2 cup packed brown sugar

1/2 cup butter or margarine, softened

1 teaspoon vanilla

1 1/2 cups Gold Medal® all-purpose flour

1/2 teaspoon ground cinnamon

1/8 teaspoon salt

24 whole blanched almonds

Easy Decorating Glaze (recipe attached)

1. Heat oven to 350°.

2. Mix brown sugar, butter and vanilla in a large bowl. Work in flour, cinnamon and salt until dough holds together.

3. Shape dough by scant tablespoonfuls around almonds to form football shapes. Place about 1 inch apart on ungreased cookie sheet. Bake 12 to 14 minutes or until set but not brown. Remove from cookie sheet. Cool completely.

4. Place Easy Decorating Glaze in decorating bag filled with writing tip #3. Make football laces on cookies.

Easy Decorating Glaze

1/2 cup powdered sugar

1 1/2 to 3 teaspoons water

1. Mix powdered sugar and just enough water to make paste that can be piped from decorating bag.



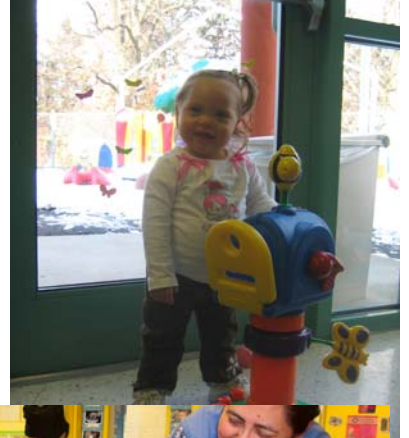
Parents Please Note: The area along the front of the building is a fire lane. Parking in this area is not only illegal, but creates a great hazard for our precious children. There are enough legal spaces for parent parking, please use them. Cars parked in the fire lane will be ticketed by NNMC police.



CDC PHOTO GALLERY



Our infants are growing so very fast; they are learning to crawl and pull themselves up to stand and to walk.
Don't blink... you might miss something.



Bob the Builder times five, a budding aircraft engineer and the next Georgia O'Keeffe all hard at work in our preschool.



All on one hallway we found Sleeping Beauty and toddlers (including Ms. Erika) with big smiles.





MWR Fitness

12 MWR HAPPENINGS

Aerobics

**At the MWR Fitness Studio:
Wellness Center Bldg 12, 2nd floor**

**New Classes!!
January Schedule**



DAY	TIME	CLASS
Monday	1700-1800	Multi Level Cardio
Tuesday	1700-1800	Yoga
Wednesday	1630-1730	Step Aerobics
Thursday	1700-1800	Body Sculpting
Friday	1630-1730	Pilates

**BRING YOUR MILITARY ID CARD OR
YOUR COMFORT ZONE COMPLEX MEMBERSHIP CARD TO EACH CLASS.**

↓ Detailed Class Information ↓

Monday- Multi-level Cardio workout with toning & cool down the last 15 minutes. 1 hour

Tuesday- Yoga for beginner to intermediate levels. Yoga strengthens your entire body. You will be led through each Asana (pose). Bring a yoga mat. Yoga straps are provided. No shoes required. 1 hour

Wednesday- Early Bird Step Aerobics Class with toning & cool-down the last 15 minutes. 1 hour

Thursday- Body sculpt class using light hand-weights and resistance equipment. 1 hour

Friday- Early Bird - Pilates with props – bring your Pilates body-ring, there are limited amount for loan arrive early! This workout is for beginner to intermediate levels. Participants will focus on increasing strength, flexibility, and mobility. No shoes required. 1 hour



Classes at the MWR Fitness Studio Wellness Center, Bldg 12, 2nd floor

Mondays

6-8 pm	Karate for Kids 6-14 yrs
7-9 pm	Adult Jiu-Jitsu (all levels)
8-9 pm	15 yrs-Adult

Wednesdays

6-8 pm	Karate for Kids 6-14 yrs
6-7 pm	Beginners-Junior Belts
7-8 pm	Advanced-Senior Belts

Fridays

7-9 pm	Adult Jiu-Jitsu (all levels)
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Saturdays

10 am-12 pm	Karate for Kids 6-14 yrs
10 am-11 am	Beginners-Junior Belts
11 am-12 pm	Advanced-Senior Belts
1 pm-3 pm	Adult Jiu-Jitsu

Call the CZC 295-2450 for more info.

Fees may be paid at the Comfort Zone Complex front desk prior to starting classes for the month.

Fees cover all classes taught within each category.

Monthly Costs:	Adult Jiu-Jitsu	\$55
	Karate for Kids	\$35
	Women's Self Defense	\$35

Your child will learn simple kicks and punches, as well as the most refined fighting arts. We welcome parents to join in the practice. Here we study **Jiyu No Taki Ryu** (Freedom Water Fall) Karate and **Shotokan** Karate. Karate training will improve your health physically and mentally. The training is based on rigid discipline, constant effort, and dedication. Through the art of karate, students improve self-control and self-esteem while developing coordination and concentration. You will be rewarded by advance to the next higher belt after you demonstrate and are tested in the techniques for your particular belt. You will be able to do forms (Katas) as well fighting (Kumite).

What is Karate? **Karate** means "empty hand" or "China hand." It is an unarmed method of combat in which all parts of the anatomy are used to punch, strike, kick, or block. As is true for most of the martial arts, it must be emphasized that Karate is not a system of self-defense. Karate provides an outlet for two basic human needs often ignored or suppressed in American society: the need to express emotion and the need to live without fear. Beginning in childhood, children are taught to suppress their emotions and feelings, sometimes causing psychological conflicts. Through Karate however, kids can discover a healthy outlet for aggression while learning to control emotions.

Karate was directly influenced by earlier Chinese Martial arts. An educationalist, Gichin Funakoshi, from Okinawa (an island Southwest of Japan) introduced Karate to the Japanese. He was invited to give a demonstration in Tokyo in 1922. Within two years, Karate was part of the university curriculum. Like Judo, Karate has undergone a dramatic change in approach. In its Okinawan form, there were no competitions; in the early days in Japan there was an absence of sporting element. In the West it was swept into the success surrounding Kung Fu star Bruce Lee with his movie hit in 1971 "Enter the Dragon." Today there are many Martial Arts movie stars with just as many different disciplines, Steven Segal (Jiu-Jitsu/Aikido) and Chuck Norris (karate). Three movies that capture the greatest variety of martial arts styles are Mortal Kombat, Enter the Dragon, and Blood Sport. The numbers of Karate styles remain slightly below one hundred.

The study of Katas (forms) can be absorbing. Part of the discipline of a Kata performance is to return spot where you began, while executing perfect stands, blocks, kicks and punches. Kata maybe based on the movements of birds, animals or simply the graceful combination of the most basic Karate movements. Kata is designed for the imaginary fighting of several opponents. The eventual perfection of the Katas leads not only to mastery of the basic forms of Katas, but also to physical and spiritual sensitivity and complete control of all parts of the body. You may also learn to do forms or katas with weapons. [***NOTE: Weapons training is only available at the discretion of the instructor and with parent's consent.***]





CZC Membership

ALL patrons MUST present VALID ID every single visit to the CZC. Please have it ready when you come in the door, just as you do at the front gate.

Comfort Zone Complex members include all active duty military and their immediate family members, retired military, and reservist.

NNMC DOD Civilians, NIH & Non-DOD Federal Employees are eligible for membership at the following rates:

	<u>Daily</u>	<u>6 mos.</u>	<u>Annual</u>
NNMC DOD Civilians	\$3	\$50	\$75
Non-DOD/NIH Federal Employees	\$5	\$75	\$150

Please note: **Contractors and family members of DOD, NIH & Non-DOD employees are NOT able to obtain a membership to use the facilities.**

Washington's Birthday 5K Fun Run/Walk

Date: Thursday, 23 February

Time: 1200 Noon

Place: Gymnasium

Prizes: T-shirts



Washington

POC for MWR Sports:
Wendy Tompkins 295-2450
wtompkins@mwrbethesda.com



Fitness Workshops

FREE fitness workshops!!
Get tips from a trainer to
improve your workout.

*“Changing the *intensity* of your
workout for more results”*

Monday, 13 February at 1200

”Strong Muscles =Strong Bones”
Wednesday, 15 February at 1200



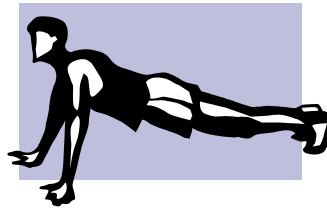
**Registration is required.
Sign up at the Comfort
Zone front desk.**

Meet in the stretching area of the Comfort
Zone Complex. Call 301-295-2450 for
more information.

Fitness Challenge

**Wednesday, February 22
1130**

Can you do 20 High Intensity push
ups? We will show you it's not
complicated. Take the challenge
and beat the best so far which is 16.



See you on the mat!

**Pre-registration at the Comfort Zone
Complex front desk is required.** Prizes
and refreshments for all who take the
challenge. Call 301-295-2450 for more
information.

Seated Massage

Appointments available on Tuesdays and Thursdays
between the hours of 1100-1300 & 1600-1800.
Fee for services.

Call 202-276-7159 for appointments.

***Massage service provided by Relaxation On Site at the
Comfort Zone Complex.***





MWR Aquatics

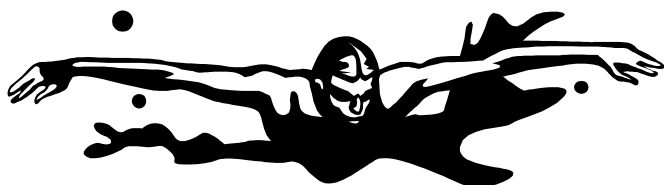


SCUBA Coming in April

Classes will start in April. Watch for more information....
Contact the Fitness/Aquatics manager for more details at
301-295-0031 or bryanjackson@mwrbethesda.com.

Sharks SWIM CLUB

The Sharks meet at the CZC pool every Tuesday and Thursday 1800-1900 and 1900-2000. Swimmers 19 years and older meet for coached workouts. Stroke development clinics are also held for those wanting to improve their stroke technique. There are swimmers of all ages and abilities from beginner to tri-athlete. Swimmers have the option to register nationally and compete in local events. Call the Fitness/Aquatics manager for more information at 301-295-0031..



SWIMMING LESSONS for Children Coming in March

Get ready for the summer!

Session #1 will start Saturday, 4 March and Sunday, 5 March through April 8 & 9.

Registration for session #1 begins Monday, 6 February and ends Tuesday, 28 February.

Session #2 will start Saturday, 29 April and Sunday, 30 April through June 10 & 11 (No classes on May 27 & 28).

Each session is 8 classes and costs \$45 per child. Classes held at the Comfort Zone Complex pool.

SWIM RELAY

**Tuesday, February 28
1800**

**2 Person Relay
500 yards each**

**Prizes and refreshments for
all participants. Register at
the CZC front desk or by
calling 301-295-2450.**

See you in the pool!

Need a place for your next event?

MWR Community Room-Bldg. 11, Main Level

**Eligible patrons: Active Duty,
Retirees, DOD Civilians, and
DOD Contract personnel**

**Room Rental Fee-\$200.00
Reservation is made when
payment is received.
Cash, Check, and Credit Card
are accepted for room rental.**

Wedding Receptions,

Bar Mitzvahs,

Family Gatherings,

Showers,

Retirements, Birthdays...

For more information and room
reservations please contact:

Chita Cajigal at

301-295-3577

clcajigal@bethesda.med.navy.mil



- Approximate 75 Person Capacity
- Tables and Chairs Provided with Room Rental
- Colored Linens with Room Rental
- Ice and Refrigeration Available
- Projection Screen Available for Use
- Restrooms



Stay Safe from STDs

An estimated 65 million Americans may be infected with one or more of at least 25 different sexually transmitted diseases (STDs.) The most common STD is genital herpes which affects more than 50 million people. Approximately 20 million Americans have human papillomavirus (HPV) and over 1 million are infected with HIV.

A major reason that infection rates are so high is that STDs often have no symptoms so many people don't know they are infected. This leads to further infections since those infected are less likely to take steps to keep from spreading STDs to others. Other reasons for high rates of infection are that people are having sex at earlier ages; many have multiple partners; the widespread practice of unprotected sex; and the misunderstanding that STDs can only be spread by having sexual intercourse. The truth is that many STDs can be passed through skin-to-skin contact with another person.

Since millions of people are infected but may have periods of time where they have no symptoms, STDs are known as the "hidden epidemic." But even when there are no symptoms, STDs can lead to serious problems including not being able to have children, cervical cancer, blindness, and if a woman with an STD gets pregnant her unborn baby can be harmed.

The best ways to protect yourself, and prevent STDs, is to practice safe sex which means always using a latex condom every time you have sex. Condoms must be used consistently and correctly to provide maximum protection. The more partners you have the higher the risk of infection. If you are in a relationship with just one partner, ask if he or she has ever had an STD, had multiple partners or used drugs. If so, then both of you should be tested. Almost 60% of all pregnancies in the United States are unintended and rates of unintended pregnancy are also high in the military. Using a condom every time you have sex not only protects against STDs but prevents pregnancy as well.

February 14th-21st is National Condom Week. Look for the Health Promotion Department booth during this week on Main St. We will be providing free key chains which discretely hold two condoms.

Myths and misinformation persist about the effectiveness of condoms. The CDC provides the following information to counter some common myths about condoms:

Myth #1: Condoms frequently break.

Some have questioned the quality of latex condoms. Condoms are classified as medical devices and are regulated by the Food and Drug Administration. Every latex condom manufactured in the U.S. is tested for defects before it is packaged. Condoms are double-dipped in latex and undergo stringent quality control procedures. Studies show that condom breakage rates are less than

2 percent. Breakage is more likely due to incorrect usage than poor condom quality.

Do not use oil-based lubricants which can weaken condoms. These include petroleum jelly, cold cream, hand lotion or baby oil. Water-based lubricants, such as glycerine or lubricating jellies (which can be purchased at any pharmacy) are best. Also, exposure to heat or sunlight, or just age, can damage condoms. Check the expiration date before using.

Myth #2: HIV can pass through condoms.

A commonly held misconception is that latex condoms contain "holes" that allow passage of HIV. This is not true. Latex condoms provide a highly effective barrier to sperm and micro-organisms, including HIV. Natural membrane or animal skin condoms are not recommended. They may contain natural pores the membrane and do not offer effective protection.

Your medical care provider should be consulted if you think you may have been exposed to any sexually transmitted disease. There is a National STD Hotline at (800) 227-8922 and a National Aids Hotline at (800) 342 - AIDS. For further information regarding your sexual health, visit the SHARP Home Page at www-nehc.med.navy.mil.

Nutrition & Weight Management

Healthy Heart Nutrition

Learn how to make changes in your diet to reduce your risk of heart disease. Appropriate for those with elevated cholesterol or triglycerides, hypertension or heart disease. Call 301.295.5360 to register.

FEB 13	1300-1500
FEB 27	1300-1500

Ship Shape Program (active duty only)

A six-week weight management program that assist individuals in developing an effective lifetime weight control strategy. Includes education on choosing a healthy diet, meal planning, reading food labels, exercise, eating out and managing stress. Lecture/discussion format. This class is mandatory for all NNMBC BCA failures. Class does not include PT. Civilian attire acceptable.

Call 301.295.6649 to register.

JAN 11—FEB 15	WED	1200-1330
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The Healthy Weigh

A six week weight management program that assists individuals in developing an effective lifetime weight control strategy. Includes education on choosing a healthy diet, meal planning, reading food labels, exercise, eating out and managing stress. Lecture/discussion format.

Call 301.295.6649 to register.

JAN 12—FEB 16	THURS	1200-1300
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For military beneficiaries only



Fitness & Exercise

MWR Exercise Class Schedule

M	Instructor's Choice	1630-1730
T	Sculpt	1630-1730
W	Step Aerobics	1630-1730
Th	Sculpting	1630-1730

Classes are located in Building 12 (Wellness Center) on the 2nd deck. Bring your Military ID Card or your Comfort Zone Complex membership card to each class. Call 301.295.2450 for more information.

Tobacco Cessation

Kicking the Habit

An information-packed three hour session that will prepare you to quit. Call 301.295.2159 to register for one of the following classes:

FEB 07	1200-1500
FEB 28	1200-1500

Women's Health

Hormones and Your Health

Women over forty-the real scoop on your changing body-hot flashes, emotional ups and downs, osteoporosis, hormone replacement.

Contraception Class

General information to make an informed choice on contraception methods. Call 301.295.6673 for a schedule of the above classes.

Breast Care Risk Assessment Class

Learn about your personal risk for developing breast cancer and what you can do to decrease it. Offered by the Breast Care Center. Call 301.295.3899 for class times and days.

Blood Pressure Management

Managing Your Numbers

Control High Blood Pressure Before It Controls You! Learn effective ways to lower your blood pressure through medication, proper diet, exercise and stress management. Call 301.295.2159 to register for one of the following classes:

FEB 16	1300-1500
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Stress and Anger Management

Stress Management 101

This two-hour class offers discussion on stress and how affects your everyday life. Learn practical techniques for managing stress by minimizing stress-producing situations, simplifying your life and building up resiliency. Gain hands-on experience with relaxation techniques. Call (301) 295-2159 to register for one of the following classes:

FEB 14	1300-1500
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Dealing with Anger

This class will explore the definition and origins of anger. Participants will be challenged to choose an emotion, other than anger, and develop an action plan geared toward effective problem solving and conflict resolution. Call (301) 295-2159 to register for one of the following classes:

FEB 21	1300-1500
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Seated Massage

Enjoy a relaxing massage of the neck and back while seated in a special chair. Offered by MWR at the Comfort Zone on select Tuesdays and Thursdays.

By appointment only. Call 202.276.7159

Fee for services. Call for monthly specials!

Somatron Relaxation Chair

Experience the relaxing power of music in a specially designed reclining chair. The Somatron Relaxation Chair is a great way to reduce stress induced symptoms such as muscle tension, headaches, fatigue, anxiety, and various aches and pains.

By appointment only. Call 301.295.2159.

Fitness-In-A-Bag Program

Are you active duty going on a short TAD? Before departing, call the Health Promotion Department to reserve a Fitness-In-A-Bag kit. The kit includes a heart rate monitor, a pedometer, exercise videos, a jump rope and a portable strength training kit. For loan only. Call 301.295.2159 to reserve a kit today!

Health Promotion On-Site

Interested in having a program at your DoD worksite? The staff at the Health Promotion Department is available to assist!

Please call 301.319.4660 for more details.

Health Promotion Resource Library

The Health Promotion Department has a variety of books, videos and pamphlets on health related topics. Come see our collection in Building 12.



Presented by:

Health Promotion

PFA Department

National Naval Medical Center

301-295-5502

www.bethesda.med.navy.mil



MWR Administrative Offices Bldg. 11

Quality of Life Director

Bob Killion 301-295-0935
rskillion@bethesda.med.navy.mil

Administrative Officer

Jane Bonheim 301-295-0956
jlbbonheim@bethesda.med.navy.mil

Management Assistant

Chita Cajigal 301-295-3577
clcajigal@bethesda.med.navy.mil

Unit Fund Allocations 301-295-1238

Marketing/ITT/Newsletter

Jenny Charlson 301-295-1046
jlcharlson@bethesda.med.navy.mil

MWR JOB OPPORTUNITY HEADQUARTERS!

Bldg. 11 Room 14 -MWR HRO

Human Resources Manager

Ernie Miguel 301-295-0936
ejmiguel@bethesda.med.navy.mil

Human Resources Asst. Manager

Lorrie Branch 301-295-0939
labranch@bethesda.med.navy.mil

Child Development Center Bldg. 26

PH. 301-295-0167/ 0014

Mon-Fri 6:00 am-6:00 pm
Jamila Aziz, CDPA
jamila@mwrbethesda.com

JOB OPPORTUNITIES HERE!

MWR InfoCenter/ITT Bldg. 2

PH. 301-295-0434

Discounted tickets & *TicketMaster*,
Brochures, MWR Information
Julie Orellana, Ticket Seller

Mon-Fri 8:00 am-4:00 pm
Closed for lunch 1:30 pm-2:00 pm

Richard Moy, Mgr 301-295-5432
rnmoy@bethesda.med.navy.mil

Bowling Center

Bldg. 56

PH. 301-295-2034/2060

Mon – Tuesday 10 AM - 10 PM
Wednesday, Thursday 3PM - 10 PM
Friday 1 PM - Midnight
Saturday 10 AM - Midnight
Sunday 1 PM - 8 PM

Noel Dysart, Mgr

admiral@mwrbethesda.com

JOB OPPORTUNITIES HERE!

USU Café & Catering **Bldg. 72**

PH. 301-493-6554

OPEN Monday-Friday
6:30 am-10:00 am **Breakfast**
11:00 am-2:00 pm **Lunch**

Full Service Catering Services
Selcuk Polat, Manager
cafeteria@usuhs.mil

Comfort Zone Complex **Bldg. 23**

Gym, Fitness Center, Pool

PH. 301-295-2450, front desk
301-295-0031, admin.

Mon-Fri 5:00 am-9:00 pm
Sat- Sun 9:00 am-6:00 pm

Pool Hours

Active Duty only, M-F 11:00 am-1:00 pm

Mon-Fri 5:00 am-8:00 pm
Sat-Sun 11:00 am-5:00 pm
Family Swim Friday 6-8 pm
Sunday 1-5 pm

Recreation Director Paul Jones
pauljones@mwrbethesda.com

Athletics Director Wendy Tompkins
wtompkins@mwrbethesda.com

Aqua./Fitness Mgr Bryan Jackson
bryanjackson@mwrbethesda.com

JOB OPPORTUNITIES HERE!

Liberty Zone Bldg. 23 **PH. 301-295-4727**

Movie Theater, Popcorn, Snacks, Internet,
Computers, TVs, & more!

Open Mon-Fri 4:30-9:00 pm
Sun & Holidays 12-6:00 pm

Liberty Program Activities & trips for
single, unaccompanied military E1-E6

Carol Morris, Mgr 301-319-8431
cliberty@mwrbethesda.com

Ken Weinaug, Asst. Mgr 301-295-0256
kweinaug@mwrbethesda.com

JOB OPPORTUNITIES HERE!



Best February Wishes from the Staff and Volunteers at the Bethesda Fisher Houses

**We believe in keeping families together during the most stressful of times:
hospitalization for an unexpected illness, disease, or injury.**

The NNMC Fisher Houses

The Bethesda Fisher Houses are here to care for military families.

**Members of the military, retirees and their families must often travel great distances for
specialized medical care. The Bethesda Fisher Houses are "comfort homes," built on the
grounds of the National Naval Medical Center.**



**We provide a low-cost housing alternative, enabling family members to be close to their hos-
pitalized loved ones. Do you have a loved one in the hospital? Do you need a place to stay?**

Please call (301)295-5334 for more information.



**Navy Region Southwest
Morale, Welfare and Recreation Program**

Cordially Invites You to Attend the

**Ribbon Cutting Ceremony
Introducing the new**

**Naval Base San Diego
Recyard Liberty Recreation Center**
Building 221 next to The Olde Gym

Thursday, 26 January * 12:30 p.m.

*Come for the Ceremony, stay for refreshments and tours
of the Navy's newest and greatest "home away from home" for
our junior enlisted Sailors. The new Recyard features the following
Free recreational opportunities:*

- ❑ 55 Computers with Internet access and printing services
- ❑ 21 Game stations including computer games, X-boxes and Playstation 2's
- ❑ Movie Theater that seats 45, Sailors can pick a movie on DVD from more than 500 titles
- ❑ Table Games – 6 pool tables, 2 ping-pong, 2 foosball, air hockey and 6 arcade
- ❑ TV viewing room with recliners
- ❑ 3 large screen plasma TV's
- ❑ 12 personal laptop WI-FI stations
- ❑ Reading areas with more than 1,000 books available for loan
- ❑ Music Room equipped with guitars, drums and keyboard
- ❑ Batting Cage, Sand Volleyball Pit, BBQ grills and picnic tables

For more information contact Joanne Widener at (619) 556-7029



Dinner Theater and Free Comedy Show

Dinner Buffet
Millington Ballroom
February 3 -- 6 p.m.

Caesar Salad
Carved Roast Beef
Teriyaki Chicken Breast
Roasted Dijon Potatoes
Wild Rice
Broccoli/Cauliflower Medley
Croissants
Peppermint Swirl Cheesecake
Iced Tea
Coffee

\$11 per person

(includes service charge)

Non-dining guests will be seated following dinner.

Dinner tickets and FREE comedy show tickets are available at the ITT Office, located in the Helmsman Complex.

Call 874-5455 or 874-5650

Sponsored in part by:





AT&T





AT&T

PRESENT:

A SPECIAL FREE PERFORMANCE SERIES

LIVE AT NSA MILLINGTON





Steve Mazan
www.SteveMazan.com



Keith Alberstadt
www.KeithComedy.com



Tom Foss
www.TomFoss.net



Troy Thirdgill
www.Comedy.com/Thirdgill

FRIDAY, 03 FEBRUARY 2006

The Comics On Duty World Tour!

LIVE AT THE HELMSMAN COMPLEX

7:00 PM - FREE PERFORMANCE - Millington Ballroom (Family Friendly)
(A Pre-Show Dinner will be served at 6:00 PM - Doors open for Non-Dining Guests at 6:45 PM)

8:00 PM FREE PERFORMANCE - John Finn Lounge (Some Adult Content)

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WorldSpace



DAVIS
ENTERTAINMENT GROUP

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TAKE 5/ LIBERTY

“Our Choice” Game Night

Thursday, February 2 at 6pm

Tournament Tuesday

Tuesdays, February 7 & 28 at 6pm

Compete in Xbox, pool, and ping-pong games. Free pizza to all players.

Taboo Game Night

Thursday, February 9 at 6pm

Romantic Comedy Marathon

Tuesday, February 14

Leave feeling warm and fuzzy with some feel-good movies and delicious snacks.

Casino Night

Thursday, February 16 at 6:30pm

Try your hand at poker or blackjack. Free pizza to all participants.

Freeze in Catania

Thursday, February 23

Join us for a chilly night of ice-skating in Catania. Then warm up during dinner at a traditional Italian restaurant. Sign-up at Take 5 or call X2036 for times.

Join us throughout the month for trivia contests, special movie days, and more!

SPARETIME

Mommy and Me Bowling

Wednesdays from 10am – 11am

Sparetime invites all kids ages 5 and under.

\$4 per hour, fifty-cent shoes

X-treme Bowling

Tuesdays & Thursdays from 5pm – 9pm

Bowl under fluorescent lights and glowing surroundings!

Games only \$2.10, shoes only \$1

Colorama

Saturdays from 9pm – Midnight

\$11 per person

Prizes will be awarded.

JOX

Weekly Events

Monday

Putting Contest at 8pm. Sign up with the manager.
American tap beer only \$1.25 from 8 - 10pm

Tuesday

Dart or Pool Tournament at 7pm - you choose!

Wednesday

Watch your favorite team on one of our screens.
8-Ball Pool Tournament starts at 7pm
DJ starts spinning your requests at 7pm

Thursday

DJ starts playing at 7pm
Free Buffalo wings & Happy Hour from 8 - 10 pm!
Sports Trivia Contest at 9pm. Top dog wins a special gift.

Friday

Free Pizza Party at 9pm!
Karaoke with "TJ" the Karaoke Queen from 8 - 11pm.
Choose from over 6,000 songs.
DJ plays requests from 11pm - 2am

Saturday

Ladies Night Dance Party from 9 - 11pm
Discounts on non-premium beer \$1.50 and well drinks \$1.75
Dance Night kicks off at 8pm - R&B, Hip Hop, & Old School

Sunday

Watch the sports action at Jox starting at 5pm.
Free popcorn at the bar!

Special Events

Super Bowl Party

Sunday, February 5 starting at 8pm
Free food and prizes.
Play Guess the Score and win!

Speed Dating

Friday, February 10 from 10pm - 1am
Sign-ups begin Monday, January 30
Only 20 spots available!
(10 female spots and 10 male spots)

XX Winter Olympics

Friday, February 10 – Sunday February 26

Drink specials every night!

Specials at the bar with every US gold medal.

Valentine's at Jox

Tuesday, February 14 from 8 - 11pm

Bring a date and get a free drink.

Watch out for giveaways all night!

Live Music Night

Friday, February 24 from 9pm - 2am

LIBRARY**Be our Valentine!**

Win hearts, flowers, and candy! Fill out an entry form today at the library.

Black History Display

Check out our book display of important African-Americans who have had a positive influence on our society.

Coming Soon on DVD

CSI, West Wing, and more. Stay tuned to see what's coming out next.

Library Café

The flavor of the month is White Mocha Latte.

ITT GEAR-N-GO**St. Agata Festival**

Witness the great celebration dedicated to St. Agata, the patron saint of Catania. We'll explore the history of the saint and partake in the processions and festivities observing her importance.

Friday, February 3

Depart: NAS II 8:30am, NAS I 9am

Return: 2:30pm

\$16, or 2 for \$20 + euro for food

Saturday, February 4

Depart: NAS II 4:30pm, NAS I 5pm

Return: 11pm

\$16, or 2 for \$20 + euro for food

Sunday, February 5 - Featuring Fireworks Display

Depart: NAS II 4:30pm, NAS I 5pm

Return: 10:30pm

\$16, or 2 for \$20 + euro for food

Siracusa I & Seafood Restaurant

Saturday, February 11

Visit the archeological area of Siracusa including the Ear of Dionysius, Cordari Cave, the Greek-Roman Amphitheater, and the Historic Island of Ortigia with its Cathedral and Fontana di Aretusa. We will relax in a typical restaurant on Ortigia for lunch.

Depart: NAS II 8am, NAS I 8:30am

Return: 4:30pm

\$30 + bring euro for lunch and fees

Fireworks at Elephant Square & Catania History II

Sunday, February 12

Learn the fascinating history of this resilient town and its ability to overcome multiple disasters. Visit the Ursino Castle, Greek Amphitheater, Crociferi Street, and Bellini Museum. Top off the evening with a special fireworks display in honor of St. Agata.

Depart: NAS II 4pm, NAS I 4:30pm

Return: 10pm

\$16, or bring a friend and save, 2 for \$20

Valentine's Day Dinner

Tuesday, February 14

Treat your special someone to an enchanting evening. We'll provide transportation to a romantic restaurant for a Valentine's dinner with your sweetheart. Check with ITT for more details. Adults only. Bring about €25 per person for dinner.

Depart: NAS II 6:30pm, NAS I 7pm

Return: 11pm

\$16 per person + euro for dinner

Palermo II

Saturday, February 18

See the grand cathedral and explore the catacombs. Then, visit Monreale, a majestic church with mosaics in biblical themes.

Depart: NAS II 6:30am, NAS I 7am

Return: 7pm

\$32 + euro for fees and lunch

Noto, San Corrado Festival & Colle Acre Winery

Sunday, February 19

This is an excellent opportunity to see some of the wonderful examples of Baroque architecture in Sicily, for which Noto is renowned. Also, witness the town's festival, San Corrado. Grab a bite to eat at local bar or café in Noto for lunch (on your own). After our tour and lunch, relax at the Colle Acre Winery with a wine tasting al fresco. Dress warmly! *The winery does not accept credit cards!*

Bring euro to purchase wine!

Depart: NAS II 9:30am, NAS I 10am

Return: 9:30pm

\$30 + euro for wine tasting and fees

Cooking Class with a Special Mardi Gras Menu

Monday, February 20

Learn how to cook Sicilian cuisine in the traditional setting of the Trinitá Agrituristic Farm in Mascalucia. The Bonajuto Family will welcome you into their home and share their traditional recipes for Mardi Gras. The lesson will be held in a large professional kitchen, where you'll have a chance to lend a hand in the preparation of all dishes. Afterward, you can enjoy dinner around the fireplace.

Depart: NAS II 5pm, NAS I 5:30pm

Return: 11pm

\$50, includes lesson, transportation, translator, and dinner, no children's discount

Agrigento Valley of the Temples & Wine Tasting

Saturday, February 25

Explore the most beautiful Greek temples in all of Sicily. The ancient city of Agrigento has more than 10 temples, some in remarkably good condition. Enjoy lunch (on your own) in the area of San Leone Beach, followed by a wine tasting at the Tenute Abate Winery.

Depart: NAS II 8am, NAS I 8:30am

Return: 6pm

\$38 + euro for fees and lunch

Etna South & Girasole Restaurant

Sunday, February 26

Visit the largest active volcano in Europe and then relax at Girasole Restaurant close to Zafferana on the west side of the Mountain.

Depart: NAS II 7:30am, NAS I 8am

Return: 4:30pm

\$48, includes lunch

Carnevale & Mardi Gras in Sciacca

Tuesday, March 7

If Venice is too far, join us for Carnevale in Sicily! There will be tons of floats, music and confetti. Don't forget your mask.

Depart: NAS II 1pm, NAS I 1:30pm

Return: Midnight

\$30 + euro for fees and food

Acireale Carnevale

Thursday, March 2, Sunday, March 5, and Tuesday, March 7

Don't miss the best Carnevale in Sicily! Hammers, confetti and music will all be part of this unique cultural experience. Don't forget your mask!

Depart: NAS II 4:30pm, NAS I 5pm

Return: 10:30pm

\$20 + euro food

BELLINI OPERA

Tickets go on sale, Wednesday, February 1.

La Giocanda By Amilcare Ponchielli

First Showing

Friday, February 24 at 8:30pm

\$42/person for box seats

Transportation not included

Semi-formal attire required

Second Showing

Wednesday, March 1

Depart: NAS I 4pm

Floor seats: \$42/person

Gallery seats: \$32/person

Transportation included

Outdoor Adventure

Mt. Etna Ski/Snowshoe Hiking Adventure

Saturday, February 18

Visit the heart of Mt. Etna Park with a professional guide, where you can discover breath-taking views of this fantastic volcano. Hike by snowshoes or ski cross-country with several stops along the way, including a nature refuge. This 4km hike will take around 5 hours.

Departure: NAS I 7am

Return: 4:30pm

\$30 + bring €20 for snowshoes or cross-country skis

Snowboarding (Snow and weather permitting)

Wednesdays, February 1 & 8 and Saturdays, February 4 & 11

Experience the ride of a lifetime on the slopes on Mt. Etna! Must be at least 12 years old (with parents). Bring your own gear or rent from ITT Gear-n-Go for \$10, or just ride up and spend the day on the south side for shopping, lunch, or sledding. Rental gear includes snowboard, boots, and bindings.

Depart: NAS I at 8am

Return: 5pm

\$25, no children's discount

Snowboard Class

Learn the basics of snowboarding from a professional. Classes will be held at Etna South and the teacher will issue a certificate through CAI, " Italian Alpine Club" after completion of the class. For more info call ITT at X4396 or X4777.

Italian Language Classes

Basic Italian – Italian I

Mondays, February 13 - March 13

5 – 8pm

\$120

Instructor: Alfina Rapisarda

Conversational Italian – Italian II

Tuesdays, February 15 - March 15

9 – 12pm or 5 – 8pm

\$120

Instructor: Alfina Rapisarda

Advanced Italian – Italian III (NAS I)

Mondays, February 13 - March 13

9 – 12pm

\$120

Instructor: Alfina Rapisarda

Sign up for classes at ITT.

Classes are held in the classroom in the Midtown Complex.

Extended Trips

Saint Patrick's Day in Dublin

Wednesday March 15 - Sunday, March 19

Amsterdam Tulip Time

Thursday April 13 – Sunday, April 16

Mother's Day in Taormina Spa

Friday, May 12 – Sunday, May 14

Memorial Day in Corfú, Greece

Thursday, May 25 – Monday, May 29

Memorial Day in Città del Mare

Friday, May 26 – Monday, May 29

Egadi Islands for Father's Day

Friday, June 16 – Sunday, June 18

Stromboli Island 4th of July

Friday, June 30 – Monday, July 3

FITNESS**Navy Fitness Training Class**

Tuesday, February 7 & Wednesday, February 8 at Fit District

Calling all CFL's/ACFLS's and Command PT Leaders! These classes teach students to train others to use the fitness equipment in the fitness facilities. Participants will learn ways to increase effectiveness of Command PT sessions. Students will also receive training on proper taping techniques. Contact Michelle at X2710 for more information.

Mock PRT

Wednesday, February 15

Flight Line Fitness Center at 6:45am

The PRT is just around the corner. Run a mock PRT to get your run time, as well as your sit up and push up numbers. A light breakfast will be served afterward.

This is a free event.

Contact either fitness center for more information X4483/X5243.

“Be My Valentine” Mineo Housing Run

Saturday, February 25

Registration: Mineo Ball Field, from 11am – 11:30am

Get active with MWR. Bring your kids, strollers, bikes, dogs, or running shoes for a perimeter walk/run. Beverages and fruit will be provided. T-shirts will be available to show your community spirit for \$10. No pre-registration required.

This is a free event.

Contact the fitness centers at X4483 or X5243 for more information.

Learn to Lift (Ages 10 –16 yrs)

Fridays from 3 –5pm at Fit District

This two-week free fitness class is geared towards kids. Class topics will cover cardiovascular, strength, and flexibility training. A fitness assessment will also be conducted at the beginning of each new course. Contact Fit District at X4483 for more information.

Coming in March...

Motta Off-Road Challenge Run

Get off the hard pavement and hit the dirt! Tackle this challenging run through the fields of Motta with unique views of the castle and town.

SPORTS

Winter Racquetball Tournament – Weekdays only

Starts Monday, February 13 at Midtown Fit District

During lunch and after working hours

Heat up your day with fun, lighting-paced matches and intense competition.

Men's and Women's Singles Categories - A, B & C Leagues & Open Doubles

Sign-up at either fitness center by Friday, February 3. T-shirts and awards will be given. Call the Sports Coordinator for more information at X2711.

Entry fee: \$12/player

Captain's Cup Event

Intramural 5-on-5 Soccer

Season begins Monday, February 27

Coaches meeting: Thursday, February 16 at 4:30pm at Flight Line Fitness Center

Team up for a serious challenge on the field! Awards will be given for regular and postseason. Rosters are due at coaches meeting. Call the Sports Coordinator at X2711 for more information.

Captain's Cup Event

SCHOOL- AGE CARE & PRETEEN

Ground Hog Child Shadow Day

Friday, February 3 at 6am

Flip the script! Kids, it's your turn to take your parent to "play day". Kids, show your parents what you do all day. Instead of taking your child to work, play with your child at SAC!

National Frozen Yogurt Day

Friday, February 17 from 4 – 5pm

Stop by for a special treat. We provide the frozen yogurt and fun and you choose the flavors and toppings.

Valentine Card Making

Friday, February 10 from 3:30 - 5pm

Create Valentine's Day cards for your loved ones and invite parents to join in on the fun. Don't miss this opportunity to create something for that someone special.

Leisure Classes

Piano Lessons

\$12 for a half hour session

Learn how to tickle the ivories! Stop by the Youth Center or call 624-3712 for more info.

Learn all the right moves at...

Dance by Ms. Debra

Ballet - Tap - Jazz

Classes are available for children ages 3 - adult.

Sign up at Fit District today!

Call 624-4483 for info.

MINEO RECREATION CENTER

3- on- 3 Basketball Game

Thursday, February 2 at 5:30pm

Show off your skills! Winning team receives a prize.

Valentine's Day Crafts

Wednesday, February 8 from 4:30 - 5:30pm

We provide materials for those creative at heart! Parents are welcome to join their child in creating a special gift for someone special.

Valentine's Day Party

Saturday, February 11 from 6 – 8am

Celebrate the holiday in style! We will be serving finger food and drinks.

Valentine Card Making

Tuesday, February 14 from 4:30-5:30pm

Create Valentine's Day cards for your loved ones and invite parents to join in on the fun. Don't miss this opportunity to create something for that someone special.

Teen Movie-In-A-Box

Saturday, February 18 at 6pm

Popcorn and drinks will be served, while supplies last.

Community Movie-In-A-Box

Saturday, February 25 from 6 - 8pm

It's movie time! Popcorn and drinks served, while supplies last.

TEEN CENTER

Keystone Club every Monday at 3pm

Bowling every Wednesday at 3:30pm

Ping Pong Tournament

Friday, February 3 at 3:30pm

Test your table tennis skills and win a prize.

Scrabble

Thursday, February 9 at 3:30pm

See how creative you can be with words in a game a of scrabble.

Munchie Day

Friday, February 10 at 4pm

Enjoy free snacks and relax with your friends.

Yahtzee

Tuesday, February 14 at 3pm

Play a game of Yahtzee against a staff member.

Teen Dance

Friday, February 17 from 7 – 10pm

Join us as we celebrate Valentine's Day. Food and drinks will be provided.

Sorry

Thursday, February 23 at 3:30pm

Round up your friends for a game of sorry.

Foosball Tournament

Friday, February 24 at 3:30pm

Becca, can you change the hours for Mineo

Tues - Thurs 3pm - 7pm

Fri & Sat 3pm – 9pm

New phone #'s for Take 5 X2036 and X5602

Please make this into an ad:

Create-a-Trip

Don't hesitate! Create your own adventure "Day Trip". You have the opportunity to plan your own day trip and ITT will provide the rest!

Boys and Girls Club Offers Free Memberships to Navy Youth

MILLINGTON, Tenn. – Through a Department of Defense (DoD) initiative, children of active-duty and Reserve Sailors and Marines can receive free memberships to their local Boys and Girls Club.

“These free memberships allow our Sailors to stay focused on the Navy’s mission because they know their children are in good hands while they’re away from home,” said Larrie Jarvis, Child and Youth Programs analyst for Commander, Navy Installations Command. “We are very fortunate to have this partnership with the Boys and Girls Clubs of America.”


According to Jarvis, every Navy youth center is a Boys and Girls Clubs of America (BGCA) affiliate, which means that youth center members are provided with consistent programming, stable support, and the same quality services and programs regardless of where they are located. For military families who do not live near a Navy base, a local Boys and Girls Club can be found using BGCA’s club locator at www.bgca.org/military.

Whether on or off base, all BGCA clubs offer programs designed to develop good character, build leadership and provide guidance to youth between the ages of 6 and 18. Examples of BGCA programs include computer instruction, sports leagues, photography, tutoring, arts and crafts, social events and field trips. More than 25 national programs are available in the areas of education, the environment, health, the arts, careers, alcohol, drug and pregnancy prevention, leadership development and athletics.

“As our Sailors continue to answer our nation’s call to service,” added Jarvis, “there is no better time to take advantage of the tremendous programs that Boys and Girls Clubs of America have to offer.”

For additional guidelines and information, visit www.bgca.org/military or call (800) 854-CLUB (2582).

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While You Serve Your
Country...

We'll Serve Your Kids

Navy and Marine Corps families can receive free after-school and summertime services for kids – at your local Boys & Girls Club. Staffed by trained professionals, Clubs offer kids fun, education and recreation. Most Boys & Girls Clubs have libraries, computer labs, arts and crafts, a gym and other facilities that will keep your kids active and involved.

Get a free year of programs
and services for your kids today!

Your job is to serve your country – our
job is to serve your kids.

Call 1-800-854-CLUB
to find a Boys & Girls Club near you,
or visit www.bgca.org.

MISSION
—YOUTH OUTREACH—

*The **Positive** Place For Kids*



BOYS & GIRLS CLUBS
OF AMERICA